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Apple Watch For Beginners



Apple Watch For Beginners is the one stop user guide for the new Apple Watch adopter or those who want to learn everything you'll need to get started with Apple's new operating system, watchOS 9. This independent manual is crammed with helpful guides and step-by-step fully illustrated tutorials, written in plain easy to follow English. Over the pages of this publication you will clearly learn everything you need to know about your Apple Watch and its apps by first understanding the watchOS that powers them. With this unofficial instruction manual at your side no problem will be unsolvable, no question unanswered as you learn, explore and enhance your Watch & watchOS user experience.



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"We hear from customers how Apple Watch helps them stay connected with loved ones, be more active, and live healthier lives, Apple Watch Series 8 reinforces our commitment in these areas with the addition of pioneering technology, while Apple Watch SE brings advanced core features at a new starting price."

Jeff Williams, Apple's chief operating officer

An Introduction to the Watch

Apple Watch newcomers, start here. If you've not yet bought your watch, take a look at our guides to the current range of Apple Watches, and a closer look at the current flagship model, the Series 9. We look at the history of Apple Watch and watchOS, how to set it up out of the box, the various gestures you can use and customising the watch face. Watch features such as the Dock and Control Centre and Home Screen are explained, and there are tutorials on Dictation, Phone Calls, Airplane Mode, Siri, Settings and more.







Apple Watch in Numbers

The Apple Watch is an amazing piece of kit. It's by far the most popular wearable tech device in the world, and it has revolutionised the smart watch field. Here are some intriguing factoids about the amazing Apple Watch.



\$17,000

The price of the 18-carat gold Apple Watch Edition, launched in 2015. Unsurprisingly, it totally bombed.



172 MILLION

The estimated sales of the Apple Watch to date.



36.1%

Apple owns over a third of the smartwatch market, which is the largest global smartwatch market share.



24TH APRIL, 2015

The date the Apple Watch is first released.



watchOS 4.3.2

If you have a first-generation Apple Watch (often referred to as Series 0), this is as far as you can go with the watchOS operating system.



Swatch Out!

As of 2020, Apple sells more watches than the entire Swiss watch industry.



watchOS 9.2

This is the current release of watchOS. All watches from Series 4 and later can run it.



1GB

The Apple Watch Series 8 and Apple Watch Ultra have 32 GB of onboard storage. The original only had 8GB.



NIKE AND HERMÈS

You can get Apple Watches co-branded with famous sports brand Nike, and French luxury-goods manufacturer Hermès.



100%

Apple Watch enclosures are made from 100 percent recycled aluminium, so it's great for the environment.



DUAL-CORE PROCESSOR

The chip in the latest Apple watches is very powerful indeed.



Apple S8 SiP

This is the Apple Silicon system on a chip used in the Series 8 Apple Watch and Apple Watch Ultra.





The Apple Watch Series 8

Apple has unveiled the next model of its amazing smartwatch, but what's new about it?

How much more can Apple cram into the Apple Watch? Maybe we'll get a camera one day, but apart from that, it's difficult to think of any extra features they might add. The Series 8 Apple Watch adds a new temperature sensor and updated gyroscope and accelerometer, and uses them to power a trio of great new features.

For those on a budget – or simply don't want or need all the features of the main Apple Watch – there's the updated Apple Watch SE, which makes a few advances over the previous model.



Exciting Colours

The Apple Watch Series 8 comes in seven different case colours; four for the aluminium case, and three for the more expensive steel case.



Steel Cases
silver, graphite, and gold.



Aluminium Cases
starlight, midnight, silver, and (PRODUCT)RED.

“We hear from customers how Apple Watch helps them stay connected with loved ones, be more active, and live healthier lives. Apple Watch Series 8 reinforces our commitment in these areas with the addition of pioneering technology.”

Jeff Williams, Apple's chief operating officer



Getting Physical

The outward appearance of the Series 8 Apple Watch hasn't much changed since last year's release. Like its predecessor, the Series 7 watch, it has an always-on watch face with narrow borders that push the screen right to the edge of the casing. It enjoys the same new watch faces such as Lunar, Astronomy, Metropolitan and Modular introduced with the Series 7 watch, and once again it's extremely durable, being swim proof, dust proof and crack resistant.



The Series 8 Apple Watch has a big, bright, always-on display with very narrow borders.



As always, workouts and exercise are at the heart of the Apple Watch experience.

Crash Detection

The aforementioned updated gyroscope and accelerometer sensors combine with an advanced sensor-fusion algorithm allow for a great new safety feature. Crash Detection also uses the barometer, GPS and mic on the iPhone to detect the unique patterns that can indicate a severe crash has taken place. To create this advanced algorithm that detects these patterns, Apple collected data from professional crash test labs going through simulated head-on, side-impact, rear-ending and rollover smashes.

If Apple Watch detects a severe car crash, the device checks in with the wearer and automatically dials emergency services if they're unresponsive after a ten-second countdown. The wearer's location is shared with both the emergency services and their personal emergency contacts.

Apple Watch has already proved its worth as a safety device, as evidenced by the 'thousands' of letters received by Apple. Such as the bin man in Atlanta, Georgia who fell into the dustbin lorry. He didn't have his phone on him, but he was rescued after calling 911 from his watch. He never leaves the house without wearing it now.

Or the man in Milwaukee, Wisconsin, who was watching a movie with his wife when his Apple Watch showed his pulse had become wildly erratic. He was advised to go directly to the emergency room. He's now being treated for a condition that was only identified by the Apple Watch.

Or the winter sports enthusiast who was skating on a frozen river when the ice gave out, plunging him into the water. He was getting tired, and hypothermia was setting



The new Apple Watch can detect when you've been in a serious car crash.

in, so he used his Apple Watch to raise the alarm. Rescuers arrived in minutes.

Or the guy who was having lunch in a San Diego restaurant when his friend started grasping his chest. He put his Apple Watch on his friend's wrist, and an atrial fibrillation notification popped up. He drove him to the hospital, where he was treated for a heart condition he didn't even know he had.

Or the lady who took a flight with her father, which crashed miles away from civilisation. She was saved when she called 911 from her watch. 'If I hadn't had the Apple Watch,' she later observed, 'things could've been much worse.'

Or the 27-year-old high school teacher fighting to catch her breath. Checking her Apple Watch, she found her heart rate was 187bpm. She went to the emergency room for treatment, and her doctor said the watch had saved her life.



When a crash is detected, emergency services are automatically notified.

Or the high school senior enjoying time in a log cabin, when a bear got in. He reached for his phone, but his pockets were empty. He looked down, and saw his watch. He long pressed the digital crown, and whispered, 'Siri, call 911.' He was saved.

With Apple Watch Series 8's new emergency crash detection features, this list of heartwarming rescue stories can only grow longer.



New Cycle Tracking Features



By tracking wrist temperature, it's possible to retrodict when ovulation occurred. Great news if you're planning a family.

Two new temperature sensors allow some great new menstrual cycle tracking features. Cycle tracking was added to Apple Watch three years ago, and this year, it's augmented with a new feature that gives a retrospective estimate of when the wearer ovulated. A temperature sensor on the back of the watch checks the user's temperature, while a second under the display calibrates the first sensor's findings according to ambient environment conditions.

If you wear your Apple Watch at night, your wrist temperature is taken every five seconds, and differences as small as 0.1° celsius are recorded and shown in the iPhone's Health app. Changes in temperature are used to work out when a user ovulated, and when her most fertile time occurs, which is obviously very useful for family planning purposes. It's no longer necessary to use a thermometer and journal to keep track of ovulation. Apple Watch is far more convenient and more accurate.

If your iPhone is on iOS 16 and your Apple Watch uses watchOS 9, your Apple Watch can detect deviations in your menstrual cycle too. This can be indicative of serious medical conditions such as fibroids, thyroid disorders or PCOS. Like all Apple gear, the Apple Watch and iPhone's Health app keep this information extremely private, but it's there to share with your healthcare provider if you wish.



Unexpected patterns in cycle history can be detected too, as long as you're on iOS 16 and watchOS 9.



Prices and Release Date

The Apple Watch Series 8 and Apple Watch SE are on sale now, at the following prices:

Apple Watch Series 8
From £419/\$399/499 €

Apple Watch SE
From £259/\$249/299 €

A New Apple Watch SE

As well as the Series 8, Apple has also released a new SE model. It uses the S8 SiP advanced dual-core processor, the same chip as the Apple Watch Series 8, making it 20% faster than the previous generation. It features the same Crash Detection features as the Series 8, and also offers international roaming.

Apple Watch SE features a redesigned matching back case made of a nylon composite material, making it lighter than ever. Apple Watch SE is available in 40mm and 44mm aluminium cases, in midnight, starlight, and silver finishes, and is compatible with all bands.



The back of the Apple Watch SE has been redesigned.



Apple Watch Ultra

Explorers, adventurers and extreme sports enthusiasts rejoice! There's an Apple Watch just for you.



Before Apple's autumn line-up was revealed, it was rumoured that a new, pro version of the Apple Watch would be announced. And it was. Completely redesigned and built from aerospace grade titanium, Apple Watch Ultra takes the smartwatch's exercise and exploration features to the next level. If you enjoy being off the grid hiking across the moors, climbing a mountain range or scuba diving in a lake or the sea, Apple Watch Ultra is for you.



Built to Last

Apple Watch Ultra has been completely reimagined to create the most rugged Apple Watch ever. The titanium case strikes a balance between weight, durability and corrosion resistance, and it also protects the flat sapphire front crystal covering the screen from edge impacts.

The display is the biggest (49mm) and brightest yet seen in an Apple Watch, making it readable even in harsh sunlight or underwater. There's a new button too. The Action Button is found opposite the Digital Crown and the Side Button, and is coloured orange to make it easily visible. It's customisable, giving access to a function of your choice. The Digital Crown has a larger diameter and courser grooves, and the side button sits proud of the case. These revamped controls are designed so you can use them without removing your gloves when in harsh conditions.

Cellular connectivity is built into every Apple Watch Ultra too, and the GPS capabilities have been improved. Its dual-band L1+L5 GPS system is the most accurate in any smartwatch, and even works in the mountains or among city skyscrapers, where a regular device's signal might be blocked.

Designed to work in harsh conditions, the Ultra can handle temperatures from -20°C to 55°C . So whether you're in the arctic or the desert, your watch can manage just fine.



A lip in the titanium case protects the crystal from side impact.



The Action Button is found on the opposite side of the watch to the Digital Crown and the Side Button, and is easy to find with your finger.



Audio Action!

The Apple Watch Ultra's audio capabilities have also been enhanced. For extra volume, a second speaker has been added. Three microphones and advanced software make sure your calls are clear, even when it's blowing a gale.

If you get into trouble, it also offers an 86-decibel siren. Its unique sound pattern can be heard from up to 180 metres away. Just the thing if you've been cut off from your group, and you can't find them.



The Apple Watch Ultra adds a second speaker and a three mic array for great all-round audio.



The 86 decibel siren could be a lifesaver if you get separated from a group or stuck somewhere

Battery Bonanza

The Ultra model has the biggest battery of any Apple Watch, lasting up to 36 hours. Later this autumn, a new battery optimisation setting could extend this to up to 60 hours.

The Wayfinder Face

A great new Apple Watch face has been created to take advantage of the new hardware capabilities of the Ultra. It's the most technically advanced face yet designed for an Apple Watch. It includes a compass in the dial, and can be customised for the mountain, ocean or trail.

The Wayfinder face also has a Night Mode. By rotating the crown, the watch face turns black with red details, making it very easy to use in low light conditions.



The Wayfinder face includes a compass, and can be configured for various adventure activities.



In low light conditions, Night Mode makes the Wayfinder face much easier to use.



The Apple Watch Ultra's Compass app has some great new features.

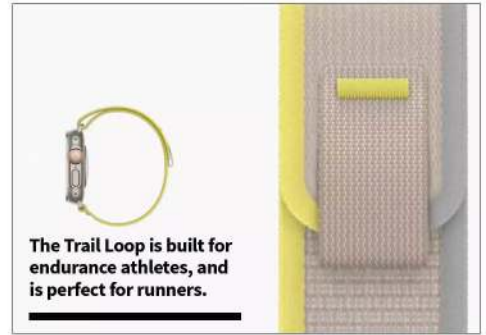


Battle of the Bands

The Apple Watch Ultra is designed for extreme activities, and built to cope with extreme conditions. Two new straps have been designed to make sure it stays in place at all times. For explorers, there's the Alpine Loop, with a titanium g-hook that securely fastens through reinforced top loops. The Ocean Band is, as you'd imagine, designed with divers

and swimmers in mind. Molded from fluoroelastomer rubber, it has a rugged titanium buckle to keep it secure.

Finally, the Trail Loop is made with endurance athletes in mind. It's lightweight textile offers increased elasticity to maintain a snug fit. It's secured with a velcro fastening, and features a convenient tab for making quick adjustments.



The Trail Loop is built for endurance athletes, and is perfect for runners.



The Alpine Loop band is tough and rugged, and is designed for explorers.



Swimmers and divers will welcome the Apple Watch Ultra's Ocean Band.



New Apps & Workouts

The Apple Watch Ultra gives 'new metrics, views and experiences' for workouts, such as vertical oscillation, heart rate zones and custom workouts. The new Action button can be used to start your workout, making for a more accurate start, and if you're performing more than one sort of exercise – perhaps in a triathlon – it also lets you transition from one type of workout to another, and mark a segment, such as the end of a lap for lap times. A feature to detect when you're on a running track is to be added later this year too.

The Compass app has been beefed up, with new precision views and added

capabilities. And for divers, there's a brand new app. Oceanic+ gives you all the features of a dive computer, right there in your watch. It includes a dive planner, which automatically calculates depth and time and takes local conditions such as tides and water temperature into account. It also includes all the expected safety warnings, such as decompression limit, excessive ascent rate, and Safety Stop guidance.

When submerged, the Ultra automatically launches the new Depth app, giving you accurate readings about how deep you're going, underwater time and water temperature.



The Depth app is great for divers and other water sports enthusiasts.



The Oceanic+ app turns your watch into a fully featured diving computer.



Later this year, Apple Watch Ultra will be able to detect when you're running on a purpose-built track.



The Ultra's improved Compass app's orientation view, including waypoints.

Price and Release Date

Apple Watch Ultra is out now, and costs £849/\$799/999 €



Series 7 Apple Watch Explained

If you're planning to get an Apple Watch Series 7, there are several models to choose from, and a great range of straps too. Here we take a look at the four watch collections, the case colours and materials they come in and the straps you can add too. They're all Series 7 watches, with the technology this implies; here we're looking at the fashion, not the tech.

Apple Watch

42mm, from: £369/\$399/429 €
45mm, from: £399/\$429/459 €

The Apple Watch collection is the 'regular' range of the System 7 Apple Watch. It's available in two case materials; aluminium, and the more expensive stainless steel. The aluminium model comes in five colours; Blue, Midnight, Starlight, Green and Red. If you opt for a stainless steel model, you can choose between silver, gold and graphite colours.

There are five strap options with the aluminium case; Solo Loop, Braided Solo Loop, Sport Band, Sport Loop and Leather. With the stainless steel case, you can opt for a Solo Loop, Braided Solo Loop, Sport Loop, Leather or Stainless Steel.



Apple Watch Nike

42mm: £369/\$399/429 €
45mm: £399/\$429/459 €

The Nike branded Apple Watch is very similar to the regular Apple Watch. There's only one case material on offer; if you want a Nike Apple Watch, it has to be aluminium. Only two finishes are available too, namely the Midnight and Starlight colours. However, its two straps are exclusive variations on the Sport Band and Sport Loop. The Nike Sport Band is the same silicon design as the regular version, but it features a perforated design with a contrast colour. The Nike Sport Loop is made from a breathable nylon weave, featuring the iconic Nike swoosh logo, in colours exclusive to Nike.

The Nike Apple Watch also features an exclusive Nike-branded watch face, which is unavailable in other collections. It's called the Bounce face, and it does exactly that, reacting to your motion as you exercise. You can customise it with various colours and gradients too.





Apple Watch Hermés

42mm, from: £1.179/\$1.229/1,299 €
45mm, from: £1.229/\$1.279/1,349 €

If you're really fashion-conscious, take a look at the Apple Watch Hermés collection. They're not cheap – every single model costs four figures – but they come with an exclusive strap not available in any other Apple Watch collection, and also have an equally-exclusive Hermés watch face.

All Apple Watches in the Hermés collection are made of stainless steel, and two finishes are available; Silver and Space Black. There's a wide variety of nylon and leather straps, including several that are 'double tour' (that is, they go around your wrist twice), and various colours of 'Circuit H' straps that perfectly match the exclusive Hermés Apple Watch face.



Apple Watch Edition

42mm, from: £699/\$799/829 €
45mm, from: £749/\$849/879 €

The Edition tier, originally used for Apple's weak-selling 18-carat gold range that cost five figures, was brought back for the premium range in 2019 with Series 5 Apple Watches. Apple's premium watch collection is now made from a titanium case. This is exceptionally strong and lightweight, with a special surface coating that resists stains and fingerprints and preserves the natural brushed finish. You can get it in two case colours; Space Black and Titanium.

There are four strap designs on offer with the Apple Watch Edition; Solo Loop, Braided Solo Loop, Sport Loop and Leather. As with all Apple Watch straps, they're available in a range of colours.



The Cellular Option

If you spend a little more on your Apple Watch, you can get one with cellular connectivity as well as GPS. This means it connects directly to your mobile network instead of having to go through your iPhone. You can go jogging, swimming or to the gym and leave your iPhone at home, but still receive messages and phone calls.



Mix & Match

If you order online through the Apple website, or buy from an Apple Store, you can mix and match your Apple Watch and its strap. You get to choose the size of your Apple Watch, its case material, the colour of your watch case and the colour and design of your strap; your own custom Apple Watch. To choose your design online, go to <https://apple.co/3BLDEID>.



All the Straps

This is the range of straps available for the Apple Watch Series 7. Not all straps are available for all collections (unless you mix and match), but most straps are available in a multitude of colours. The Nike and Hermés models have their own exclusive straps, which aren't listed here.





Choosing Your Apple Watch



There are three other models of Apple Watch currently on sale. The latest release is the Series 8, but you can also buy the Apple Watch SE, Series 7 or Series 3.

Apple Watch Series 7

Released: October 2021

Price from

41mm: £369/\$399/429 €

45mm: £399/\$429/459 €

Cellular models also available for £100/\$100/100 € extra.

You can choose from an aluminium, stainless steel or titanium case, with a wide range of straps available. For health and wellness there are Blood Oxygen and ECG apps, and you're sent notifications if your heart rate goes too high or too low, or irregular rhythms are detected. You can call an emergency number directly from your watch, including internationally, and it can detect if you've had a fall or ambient noise levels are dangerously high. Processing power is supplied by an S7 system-on-a-chip. Other technology includes haptic feedback - including on the digital crown, an always-on altimeter and a second-generation speaker and mic. There's a compass feature to help you find your way around, and the watch is water resistant to up to 50 metres.

Ideal for: Keep fit enthusiasts, swimmers and those who like to keep their Apple Watch at the cutting edge of wearable technology.

The Series 7 has the best Retina screen ever found on an Apple Watch. It has a resolution of 396 x 484 or 352 x 430 pixels, depending on the face size; and the bezel is just 1.7mm. The display is always on, so you can see the time from any angle, but becomes brighter when you lift your wrist to look at it.





Apple Watch SE

Released: September 2020

Price from

40mm: £249/\$279/299 €

44mm: £279/\$309/329 €

Cellular models also available for £50/\$50/50 € extra.



The Apple Watch SE was released in 2020, alongside the Series 6 model. It was intended as a lower-cost watch for those who wanted Apple's awesome wearable, but balked at the price of the main release.

It comes in 44mm or 40mm case sizes, and has a Retina display that has a resolution of 368 x 448 or 324 x 394 pixels, with a 3mm border around the edge. That's over 30 percent larger than Apple Watch Series 3, but smaller than the Apple Watch Series 7. It's not always-on; the watch face is only visible when you raise your wrist or tap the crystal. Available in Space Grey, Silver or

(exclusively) Gold aluminium casings; plus a range of straps are available. The SE can give notifications of high, low and irregular heart rates, but lacks the Series 7's Blood Oxygen and ECG apps. It has the same emergency call, noise warning and fall alert features as the Series 7, but its S5 system-on-a-chip isn't as powerful. It shares the Series 7's always-on altimeter, second-generation mic and speaker, Compass app and haptic feedback, including the Digital Crown.

Ideal for: Those who like a gold finish and people who want an Apple Watch but are a little reluctant to pay the higher price of the Series 7.



Apple Watch Series 3

Released: September 2017

Price from

38mm: £179/\$199/219 €

42mm: £209/\$229/249 €

Cellular version not available.



First released in 2017, the Series 3 is the cheapest of the three Apple Watches currently on sale. Choose between a 38mm or 42mm case, with a 312 x 390 or 272 x 340 pixel resolution, and a 4.5mm bezel around the edge. Like the SE, only an aluminium case is available, in silver or space grey finishes, and unlike the Series 7 or SE, no cellular model is available. The alerts for high, low and irregular heart rates are there, as is local emergency calls from your phone, but international emergency calls, fall detection and noise detection are not.

The Series 3 watch has a dual core S3 system-on-a-chip processor. There's no

haptic feedback on the Digital Crown, and no compass app. It has an altimeter, but it's not always-on like those in the other two models, and it has a speaker and mic but they're first-generation, not second. If you're a keen swimmer, the Series 3 is, like the Series 7 and SE models, waterproof up to 50 metres.

Of course, the most attractive feature of the Apple Watch Series 3 is its low price. It's the cheapest way to own an Apple Watch by some distance, and is almost half the price of the Series 7. If it has the features you're interested in, it's a bargain.

Ideal for: Those who feel they want a cheaper Apple Watch that's still very capable and still looks great.





What's Where on Your Apple Watch

The controls on your Apple Watch are fairly straightforward, with two buttons on the right of the casing and a new, stronger Force Touch crystal covering the screen. But there's more to the hardware than just the buttons.





Strap Release Buttons

Press one of these buttons down with your thumbnail and you can remove the strap by sliding it left and right. To replace it, just slide it back in without pressing the button.

Information

Details about your watch, such as its series and size, are written around the sensors.

Electrical Heart Sensor

The Electrical Heart Sensor and the ECG app can take an electrocardiogram, or ECG, giving you invaluable information on the health of your heart.

Blood Oxygen and Optical Heart Sensor

The Blood Oxygen Sensor measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. The Optical Heart Sensor checks your heart rate.



**Apple Watch Tech:
The Taptic Engine**

At the heart of the Apple Watch is Apple's innovative Taptic Engine. In a nutshell it's a linear actuator that produces haptic feedback. This is what gives you that little vibration buzz on your wrist when a notification comes in. Open the Watch app on your iPhone and go to My Watch > Sounds & Haptics and you can configure it to suit your needs too. You can also switch it off altogether if you really don't like it but you'll probably find it a very useful feature on your technology packed Apple Watch.





The History of Apple Watch & watchOS

Since it was first released in 2015, the Apple Watch has grown into the world's most popular piece of wearable tech. Here we trace the timeline of Apple's amazing smartwatch, and its feature-packed operating system, watchOS.

An Apple Watch Timeline

From the original Apple Watch, released in April 2015, to the very latest Series 8 models, which launched on in September 2022, the Apple Watch has grown more powerful with every release. Let's take a look.

First Generation: 24th April, 2015

Launch OS: watchOS 1.0

Last OS: watchOS 4.3.2

The first Apple Watch, which is sometimes referred to as the Series 0, came in two sizes; 38mm and 42mm. There were three versions; the Everyman, which featured a stainless steel body, the Sport version, made of aluminium and the 18-carat gold Apple Watch Edition. All three versions were based around an

Apple Silicon single-core S1 system-on-a-chip, with a Taptic Engine that made it vibrate when notifications were received. It had a heart-rate sensor, but no GPS chip; it used the iPhone for location services. Its 8GB capacity allowed the user to store up to 2GB of music and 75MB of photos.



Second Generation, Series 1 & 2:

16th September, 2016

Launch OS: watchOS 3.0

Last OS: watchOS 6.3

In 2016, Apple released two new Apple Watches, which were known as the Series 1 and the Series 2. The main difference between them was the Series 2 had a GPS receiver built in, so you could track your location without having your iPhone with you. Just the thing for joggers who didn't want to carry a phone with them when on a run. The Series 2 also introduced water resistance. It was safe to use up to a depth of 50 metres, and gave us Swimming workouts. Both watches used the Apple S2 processor, and had 18 hours of battery life, though the Series 2 screen was twice as bright as that on the cheaper Series 1 watch.



Series 3:

22nd September, 2017

Launch OS: watchOS 4.0

Last OS: Runs latest version of watchOS

With the third generation of Apple Watch, Apple settled on annual releases in September and Series [X] as their official name. The Series 3 model's key selling point is the option of buying a cellular version, which could connect to the Internet using mobile data, and could therefore be used for messages, phone calls, streaming music and more without having an iPhone nearby. The cellular model used an eSIM with the same phone number as the owner's iPhone. The Series 3 Apple Watch offered a dual-core S3 processor and Bluetooth 4.2 (upgraded from its predecessors' Bluetooth 4.0). Thanks to increased processing power, the Siri digital assistant could speak.



Series 4:

10th September, 2019

Launch OS: watchOS 5.0

Last OS: Runs latest version of watchOS

The Apple Watch Series 4 increased the screen sizes to 40mm and 44mm. As well as larger displays, they also had thinner bezels, so the on-screen visuals had even more room. It also moved to an electronic heart sensor (ECG), allowing you to check your heart rate at any time. It could also detect unusually high or low heart rates. Its new S4 64-bit dual-core processor doubled its predecessor's performance, and its storage was upgraded to 16GB. Wireless connectivity was through the new Apple-designed W3 chip, and haptic feedback was extended to the digital crown too.





Series 5: 20th September, 2019

Launch OS: watchOS 7.0

Last OS: Runs latest version of watchOS

The Apple Watch Series 5 made significant improvements on its predecessors. Its processor was the more energy-efficient S5 chip. It added a magnetometer to its range of sensors, which allowed the Series 5 Apple Watch to include a compass for the first time. The efficient processor also opened the door to another Apple Watch first; an always-on display, so you could check the time from any angle, without having to tap or raise your watch first. Storage was doubled to 32GB, and with International Emergency Calling, you could call the emergency number in your country directly from your watch.



Series 6 and SE: 15th September, 2020

Launch OS: watchOS 7.0

Last OS: Runs latest version of watchOS

The sixth generation of Apple Watch offered two models; the regular Series 6 and the lower-cost Apple Watch SE. The Series 6's S6 processor was up to 20 percent faster than the S4 and S5, and the always-on display was two and a half times as bright. It had a new optical heart rate sensor, and enhanced

telecommunication technology. For the first time, it could connect to 5GHz Wi-Fi bands too. The cheaper SE model used the previous generation's S5 processor and the same optical heart rate sensor as the Series 5 watch. It also lacked an always-on display and 5GHz Wi-Fi.



Series 7: 15th October, 2021

Launch OS: watchOS 8.0
Last OS: Runs latest version
of watchOS

The latest Apple Watch, the seventh generation release, launched in October rather than the usual September, probably because of the worldwide coronavirus pandemic and shortage of silicon chips. The cases have been enlarged again, and are now 41mm and 45mm. The display is around 70 percent brighter indoors and 20 percent larger, and a new, crack-resistant crystal makes it more robust too. A USB-C-based charger and upgraded electronics make it around a third faster to charge. Eight minutes of charging provides up to eight hours of sleep tracking. There's a new 'swipe' on-screen keyboard too.



Series 8, Apple Watch Ultra and SE 2nd Gen 16th September, 2022

Launch OS: watchOS 9.0
Last OS: Runs latest version of watchOS



We got three models of Apple Watch with the last update. Apple Watch Series 8 offers best-in-class health features, including an innovative temperature sensor that enables advanced features for women's health. Harnessing the power of the Apple Watch's new, more powerful gyroscope and accelerometer, the new Crash Detection feature identifies when you've been in a severe car crash and automatically makes an emergency SOS call. The Apple Watch Ultra is a new, premium model designed for adventurers and explorers. It's made from aerospace-grade titanium, and offers all sorts of features for the extreme sports-minded. Lastly, the Apple Watch SE brings you the power of the Apple Watch at a lower price.



A watchOS Timeline

Unsurprisingly, watchOS 1.0 launched with the original Apple Watch in April, 2015. Since then we've had regular updates to the Apple Watch's operating system, with the latest being watchOS 9.2. Let's look at its history.

1

• WatchOS 1.0: 24th April, 2015

The first release of watchOS launched with the original Apple Watch. It was based on iOS 8.2, and featured nine watch faces and 20 stock apps. On 19th May of the same year, version 1.0.1 brought a few new performance boosts, security improvements and support for new Emojis.



2

• watchOS 2.0: 21st September, 2015

Based on iOS 9.0, version 2.0 added time lapse and photo faces, new colours for customisation and Nightstand Mode. Other improvements include new Siri features, improvements to Maps and Music, and more. Several minor updates took us to watchOS 2.2.2 in July 2016.



3

• watchOS 3.0: 13th September 2016

We got a new Minnie Mouse face with watchOS 3.0. Tap it, and she reads the time. Also new were activity and numerals faces, new Complications for Apple's apps and for the first time, third-party Complications. Breathe app and Emergency SOS came with watchOS 3 too.



4

• watchOS 4.0: 19th September 2017

Support for iPhone 5 and iPhone 5C were dropped with this release, so if you had one of those models and wanted to update your watch, you had to upgrade your iPhone too. The Music app was redesigned, and the News app added. watchOS 4.3.2 is the last version that can be installed on a first-generation Apple Watch.



5

• watchOS 5.0: 17th September 2018

Yoga and Hiking workouts were released with watchOS 5.0. A new Walkie-Talkie feature let you communicate with another Apple Watch owner through direct, watch-to-watch FaceTime Audio calls, and third-party apps were granted access to Siri. A hiccup with watchOS 5.1 caused it to be withdrawn when users reported it stopped their watches from working, but this was fixed with watchOS 5.1.1.



6

• watchOS 6.0: 19th September 2019

Support for iPhone 5s, iPhone 6 and iPhone 6 Plus were dropped with watchOS 6, and support for the Apple Watch Series 1 and 2 ended with watchOS 6.3. The new operating system brought us a Cycle Tracking app for analysing menstrual cycles and fertility, and if you had a Series 4 watch or later, a new Noise app told you when the sound in your area was unhealthily high.



7

• watchOS 7.0: 16th September 2020

watchOS 7 could be installed on an Apple Watch Series 3 or later, though the Series 3 watch couldn't use all its features. With this update apps could offer more than one Complication. Dance, Functional Strength Training, Core Training and Cooldown workouts were added, and Sleep Tracking used the watch's accelerometer to measure the quality of your sleep.



9

• watchOS 9.0: 16th September 2022

We got three models of Apple Watch with the last update. Apple Watch Series 8 offers best-in-class health features, including an innovative temperature sensor that enables advanced features for women's health. Harnessing the power of the Apple Watch's new, more powerful gyroscope and accelerometer, the new Crash Detection feature identifies when you've been in a severe car crash and automatically makes an emergency SOS call. The Apple Watch Ultra is a new, premium model designed for adventurers



and explorers. It's made from aerospace-grade titanium, and offers all sorts of features for the extreme sports-minded. Lastly, the Apple Watch SE brings you the power of the Apple Watch at a lower price.

8

• watchOS 8.0: 20th September 2021

The eighth major release of watchOS features a redesigned Photos app which can show portrait photos from your iPhone. It's easier to share photos with Mail and Messages, and the Home app lets you view all your security cameras. If you have a compatible lock, you can store a digital key to your house in the Wallet app.





Getting Started with Apple Watch

So you've left the Apple Store with your brand new Apple Watch tucked under your arm. But what do you do now? How do you pair your watch with your iPhone, set it up and get it ready for everyday use? Here we show you how to set it up out of the box. Here we take you through the stages of setting up your brand new Apple Watch, pairing it with a new iPhone and more.



First-time Set-up with a New Apple Watch

The latest Apple Watch range, the Apple Watch Ultra, Apple Watch Series 8 and Apple Watch SE 2nd Generation, require an iPhone 8 or later with iOS 16 or later. Older Apple Watches can get by with earlier iPhones.



1 If your watch is switched off, press and hold the side button to switch it on. It invites you to make sure your Apple Watch and iPhone are in close proximity. On your iPhone, open the Apple Watch app and make sure My Watch is selected at the bottom.



2 If you wish to choose a language at this stage, tap the 'i' in the circle, found in the bottom-right corner of the watch screen, and choose from the languages available. Scroll up and down the main list with the digital crown; just turn it to scroll through them.



3 On your iPhone, open the Apple Watch app, and make sure you're on My Watch, found at the bottom of the screen. Tap Start Pairing, then choose whether to set it up for you or a family member, (assuming you use Family Sharing on the iPhone).



4 This is what you now see on your phone. You must hold it over your watch, which will show a swirling pattern. Keep the watch screen inside the yellow box on your iPhone screen. Hold it steady and keep it in place, and your devices are soon paired.



5 If there's a software update available for your Apple Watch, you're invited to install it now. You can choose to do so, or do it later. You're then told your Apple Watch is paired. Tap the button that says Set Up Apple Watch, and you're taken through a few settings.



6 Follow the on-screen instructions and set the wrist on which you intend to wear your Apple Watch. Then you're shown the Terms and Conditions, which you must accept; tap Agree, then again in the pop-up window to move on to the next screen.



7 Workout Route Tracking lets your Apple Watch use your locations to track routes for when you're out walking, cycling or jogging. It also keeps track of the local weather. Choose whether you want to enable or disable this, then tap the relevant option.



8 There then follows a series of settings to choose. Just follow the on-screen instructions as you go. When you get to the passcode option, if you choose to add one (which you should), you need to enter it twice on your Apple Watch before proceeding.



9 Eventually, you get to this screen, which shows your Apple Watch is syncing with your iPhone. It takes a while, with the white circle on around the Apple logo (on the watch and the iPhone), showing progress. When it's done, the setup process is complete.



Upgrading Your Apple Watch

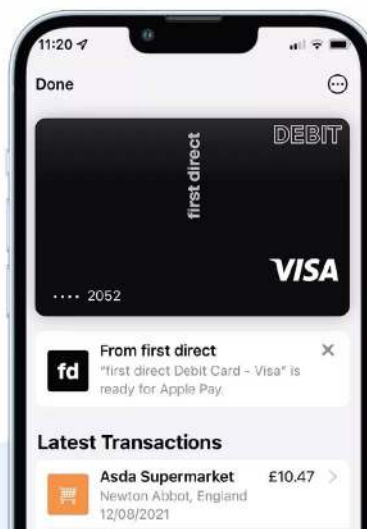
If you already own and use an Apple Watch, but want to upgrade it to a new one, this is how you go about it. It's a straightforward process where you back up and unpair it, then start again with your new Apple Watch.



1 To back up your Apple Watch, first go into the Watch app on your phone. In the My Watch tab (bottom left), tap All Watches (top left), tap the 'i' icon next to your old watch, then tap Unpair Apple Watch and confirm. Make sure your watch and your phone are in close proximity.



2 Enter your Apple ID password and the watch is backed up to your iPhone. A backup contains app specific data, your watch faces, Wi-Fi network settings, brightness, sound and haptic settings, languages, your time zone and settings for Mail, Calendar, Stocks and Weather.



3 A backup does not contain Bluetooth pairings, your Apple Watch passcode, credit or debit cards saved for use with Apple Pay or playlists synced to your Apple Watch; all these things will have to be re-entered manually when you pair a watch with your iPhone again.



4 On your iPhone, open the Watch app. You'll see this screen, as you no longer have an Apple Watch paired with your phone. With your Apple Watch and your iPhone in close proximity, tap the Start Pairing button.



5 Follow the on-screen instructions to pair your watch with your iPhone, as described in our First-time Set-up tutorial. You're then asked whether to restore from backup or set up as a new watch. Choose the former.



6 Choose a backup to restore. This will probably be the one at the top of the list, that is, the one you made earlier in this tutorial. Tap it, tap Continue and your backup is restored to your new Apple Watch.



Restoring Your Apple Watch to Factory Settings

If you upgrade your Apple Watch, what do you do with your old one? Here's a guide to restoring it to factory settings, that is, wiping it clean ready to start again, so you can sell it or give it away to a friend or family member.



1 On your Apple Watch, open the Settings app and then tap General. On the next screen, tap Reset. Choose the Erase All Content and Settings option, and then enter your Apple Watch's passcode.



2 If you have a watch with a cellular option, you can then choose to Erase All or Erase All & Keep Plan. If you intend to carry on using the watch, choose the latter. If you're disposing of it, choose the former.



3 If you've forgotten your Apple Watch passcode, place your watch on its charger and hold the side button until you see Power Off. Press and hold the digital crown, and then tap Reset.

Pairing with a New iPhone

If you upgrade your iPhone but want to carry on using your current Apple Watch, first make sure both your iPhone and your Apple Watch are fully charged. Then follow these instructions...



1 With your Apple Watch and your old iPhone in close proximity, open the Watch app and in My Watch (bottom left), tap All Watches (top left). Tap the "i" next to your watch, tap Unpair Apple Watch.



2 Confirm you want to unpair, and then type in your Apple ID password to remove the watch from your account. Your watch is unpaired from your old iPhone; this might take some time.



3 When you're done, on your new iPhone (when you've set it up), open the Apple Watch app and open the Watch app. You can now pair your Apple Watch with your new iPhone in the usual way.



Updating watchOS on Your Watch

watchOS is the operating system on which the Apple Watch runs. It underpins everything that happens on your Apple Watch. watchOS is regularly updated by Apple, and when there's a new version available, you get a notification. You can then update your Apple Watch directly from the watch itself, or through your iPhone's Watch app. Here's how.

watchOS 9.1

Apple Inc.
1.8 GB

watchOS 9 brings great new ways to keep you active, healthy and connected with Apple Watch. You have more

On Your Watch

If your Apple Watch is already running watchOS 6 or higher, you can update directly from your watch. If it isn't, you might be very out of date. Follow the guide to updating on your iPhone instead.



1 If you get a notification like this, there's a new version of watchOS you can install on to your Apple Watch. To install overnight, scroll up and tap Install Tonight, then leave your watch on a charger overnight.



2 To install immediately from your Apple Watch, place the watch on your charger, and make sure it's connected to your Wi-Fi network. On your watch, go to Settings > General > Software Update.

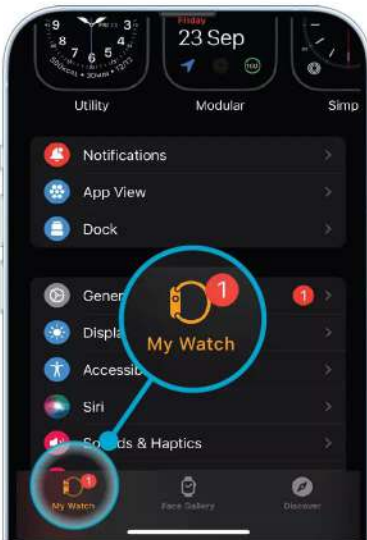


3 On this Software Update screen, scroll up and tap the button marked Install. The install only starts when your watch is 50 percent charged. When it's finished the watch restarts to complete the update.



Update Using Your iPhone

You can update your version of watchOS using your iPhone instead. Make sure your watch is connected to your watch charger throughout the update process, which begins when it's 50 percent charged.



1 On the iPhone with which your Apple Watch is paired, open the Watch app and make sure the My Watch section is open (bottom left). Tap the General link and you'll see Software Update is badged.



2 Tap Software Update and you're taken to a screen explaining exactly what's new in the new version of the operating system, with a link to a more complete description on Apple's support site.



3 Also on this screen is the Install button. Make sure your watch is connected to your charger and at least 50 percent charged. If it's low on power, the update starts when the charge reaches 50 percent.



4 Tap Install, enter your passcode and then Agree to the terms and conditions. The update process starts; it may take some time. Don't remove the watch from its charger until the install is finished.

If You Need Storage Space

If you need more free storage space before you can update your Apple Watch, first of all, restart it; press and hold the side button, then press and hold the digital crown. If that fails, try these steps.



1 First of all, unpair your Apple Watch from your iPhone. On the phone's Watch app, go to My Watch > All Watches and tap the 'i' icon next to the watch in question. Tap the Unpair link and confirm.



2 Pair your watch with your iPhone again (see the Getting started with Apple Watch tutorial), and set it up as a new watch. Update the watch, then unpair it again. Finally, pair it and choose to Restore from Backup.



Apple Watch Gestures and Buttons

Apple pioneered gestures with its touchscreen iPhone and iPad, and also with trackpad gestures used to interact with your Mac. It comes as no surprise then that Apple Watch also uses gestures, along with controls offered by the side button and the Digital Crown. Here we take a look at how to use those gestures to operate your watch and what they do.



Interacting With Your Apple Watch

Although the gestures offered by the Apple Watch aren't as advanced or as comprehensive as those used in iOS devices or on the Mac, it's definitely worth taking a little time to familiarise yourself with these controls.

Swipe Down



From the main watch screen, swipe down to access the Notification Screen. A red dot at the top of the watch face means you've unread notifications. To get back to the watch screen, swipe up again or press the Digital Crown.

Swipe Up



Swiping up from the watch face takes you to its Control Centre. This gives you quick access to controls that silence your watch, turn it into a flashlight, ping your iPhone, turn on Airplane or Theatre Mode and more.

Swipe Sideways



Swiping left and right from the watch face cycles between different faces. Find one you like and then, if you want to edit it in any way, tap and hold the crystal covering the watch face and tap the Edit button.



The Side Button



Press the Side Button to get to the watchOS Dock. Double-tap it to open the Wallet app and make payments on your registered cards. Press and hold it for the Power Off, Medical ID and Emergency SOS features.

Press Digital Crown



A single press on the Digital Crown takes you to the app screen or back to the watch face if you're already on the app screen. Double tapping takes you to the last app you used; press and hold it for Siri.

Turn Digital Crown



Turn the Digital Crown to scroll through menus, or to zoom in and out of a photo or map, like the iPhone's pinch gesture. It can also scroll through messages and emails, like swiping up and down on your iPhone.

Tap Screen



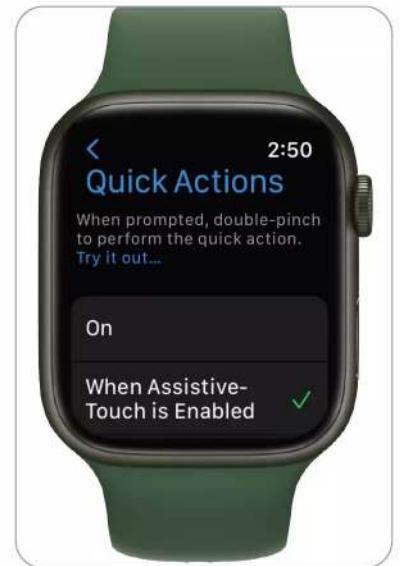
The Apple Watch has a touchscreen, so unsurprisingly, its most basic gesture is a simple tap. Do this to operate on-screen buttons and to select options. For example, tap an app icon on the home screen to open it.

Deep Press



A deeper press on the screen causes it to vibrate and activate an alternative option, a little like Force Touch on the latest iPhones. For example, a Deep Press on the watch screen allows you to edit or share the watch face.

Quick Actions



When not in use, the Apple Watch's screen dims, or on older models turns off altogether, to save battery power. To wake it or bring it to full brightness, lift your wrist to your face, tap the screen or press any button.



Customising the Apple Watch Face

One of the best things about Apple Watch is you can change your watch face. If you get bored with the one you're using, swap it for another. Most of the faces on offer can be customised too, both cosmetically and on a practical level, changing the complications that draw information from Apple Watch's apps. Some faces aren't available on some older models.



Changing Your Watch Face

Changing and customising your watch face is easy. There are currently eleven unique faces to choose from, all of which can be customised, and two options to use your own photographs as a face for your Apple Watch.



1 To cycle between available faces on your Apple Watch, swipe inwards from the right or left edge of the screen. Your watch face is replaced by the next one in line. Keep going until you find the face you want.



2 Press and hold on the glass to get to the editing screen. Hold and drag a watch face to reorder, drag one upwards and tap Remove to delete it. To add a new face, swipe all the way right and tap the plus icon.



3 Scroll up and down the list with your Digital Crown, and tap Add to add a new watch face to the range on offer on your Apple Watch. You can then swipe it to use it, and edit its Complications to suit.



Choosing and Using Complications

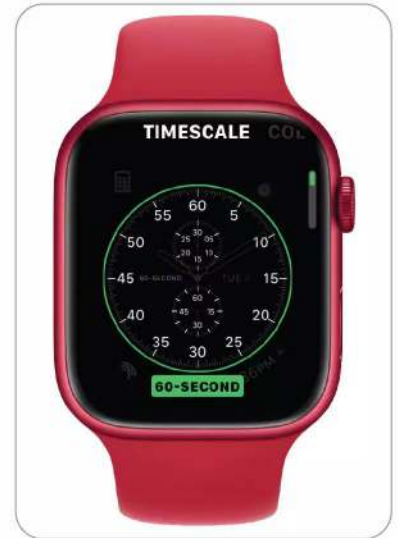
Complications are special features you can add to your watch face. Taking information from the watch's apps, they offer things like calendar appointments, the date and world time at a glance. Here's how to use them.



1 Complications give you information gleaned from Apple Watch apps at a glance, and also an easy way of opening the app that produced them. To edit your complications, first tap and hold the screen.



2 Tap the Edit button. Swipe left and right to see what you can customise. Scroll up and down using the Digital Crown to see the variations, in real time. Settle on the one you want.



3 A lot of watch faces let you change various on-screen colours too. It could be as much as the entire background, or as little as a second hand, but you change it with the Digital Crown.



4 Swipe to the Complications screen. The Complications are outlined, so you can see where they are. The number of Complications and their position on the screen varies between watch faces.



5 Tap one of the Complications on the watch face. You can change the app Complication by scrolling up and down with the Digital Crown. Complications are listed in alphabetical order.



6 When you've finished, and the watch face is set up exactly how you want it, press the Digital Crown to go back to the Edit and Share screen. Tap the watch face (or press the Digital Crown), to use your new watch face.



The Watch Faces

With Apple Watch, you can have a new watch face every day if you want, and you can customise them in a wide number of ways, both for fashion and by using Complications. Here's a guide to the current range.

Activity



With Activity faces, you can see your rings on your watch face. Your progress is updated throughout the day. Tap the rings to get to the app. The Activity Analogue face lets you choose between concentric rings or as three sub-dials.

Artist



The Artist face was introduced in watchOS 7. There's nothing you can edit and there are no Complications, but the face changes every time you tap the screen. There are millions of combinations that you can try.

Breathe



This attractive watch face has three distinct styles to choose from; Classic, Calm and Focus. It also has three Complications; two in the top corners, and a rocker underneath that's ideal for Activity, if you so wish.

Astronomy



The Astronomy watch face has been completely overhauled for watchOS 9. It now shows a variety of views of the solar system, the Earth and the Moon, offers a couple of complications and more.

California



A new face for SE, Series 4 and above, you can choose from a range of numerical styles, a full-screen (two Complications), or circular (five Complications), dial and of course, its unique colours.



If you prefer to see your Activity status as numbers as well as circles, use the Activity Digital face. You can change the style and colour of the on-screen digital clock as well as the face's Complications.



Lunar



The new Lunar face depicts the relationship between the regular Gregorian calendar and lunar calendars. The lunar calendar is important to a lot of cultures, including Chinese, Islamic and Hebrew.

Chronograph



This old school watch face is very customisable. You can change the timescale for the stopwatch, and the colours of the watch hands, which also changes the colour of the date numerical.

Chronograph Pro



Tap the bezel on which the numbers sit on the Chronograph Pro watch face and it turns into a stopwatch. Again, you can customise the timescale. There are four customisable Complications.

Playtime



Created in collaboration with Chicago-based illustrator and artist Joi Fulton, the Playtime face is dynamic and fun. Scroll the Digital Crown to animate the background, and tap the numbers to animate them.

Metropolitan



This one's a classic, type-driven design, a sophisticated watch face that's great for formal wear. Choose from a variety of styles, dials and colours, and there's room for four complications in the corners.

Colour



This is the perfect face if you want your watch to match your outfit. You can choose between a rectangular and circular face, add numbers if you wish and use five (circular), or one (rectangular), Complication.



Contour



This face is exclusive to the Apple Watch Series 7. Choose between regular and rounded numerals, a black or coloured dial, the colour of your numbers and the two Complications on offer.

Count Up



Another face for Series 4/SE or later, this one lets you track elapsed time. Tap the bezel to set the marker to the current time. Customisations are the bezel colour and five Complications.

Explorer



This one's only available on Apple Watch with Cellular Connectivity. It features green dots to indicate mobile signal strength. Customisations are the style of the face and the colour of the hands.

Fire and Water



This face offers beautiful fire and water effects. Choose between one, the other or both; and a rectangular or circular dial. Three Complications are available with a circular dial, none for the rectangular one.

GMT



Track two time zones. Tap the bezel for an alternative time zone, and scroll to the city you want using the Digital Crown. Change the colour of the bezel, and there's five Complications. SE/Series 4 or later.

Gradient



This fashionable face, available on Apple Watch SE/Series 4 or later, offers two gradient styles and numerous colours. The circular watch face gives five Complications, the full-screen version none.



Infograph



If you want lots of Complications, this one has eight; four corners and four sub-dials. The only fashion customisation available is changing the colour of the dial. Available for Apple Watch SE/Series 4 or later.

Infograph Modular



Another Complications-heavy face, this one gives you six to play with. Again, the only fashion customisation is colours, but it looks great whatever you choose. Available for Apple Watch SE/Series 4 or later.

Kaleidoscope



Set up the Kaleidoscope face and turn the Digital Crown to rotate the graphics. Choose a pattern, and a circular dial (three Complications), or full watch face (no Complications).

Liquid Metal



This metallic face animates when you raise your wrist or tap the screen. There are three colours of metal on offer, and a circular dial (three Complications), and a full-screen view (no Complications).

Memoji



On an Apple Watch SE, Series 4 or later, you can use Memoji you've created as a watch face. You can change the character and background colour, and set up two complications.

Meridian



This one's full-screen only, and only for Apple Watch SE, Series 4 or later. It offers a black or white full-screen dial, a range of colours and four Complications mounted in sub-dials.



Mickey & Minnie Mouse



A Disney-licensed watch face. Enjoy Mickey in his regular or classic black and white look, and change the colour of Minnie's dress. Tap the glass to have Mickey or Minnie read the time. Three Complications.

Modular



This very digital watch face can be displayed in a huge range of colours. There are five complications on offer too, but these are the only customisations available. It's great for displaying information.

Modular Compact



Another information-packed watch face, this one's available only on Apple Watch SE, Series 4 and later. Replace the hands with a digital readout, change the colours and four Complications.

Modular Duo



This is Apple Watch Series 7 only. There are only three complications that can be customised, but two of them are large, rectangular ones that offer lots of information. Change colours too.

Motion



This animated face gives you three Complications, and a gorgeous picture behind them. Choose between flowers that open on your wrist, gorgeous butterflies and our favourite, jellyfish.

Numerals



This is ideal for those who like a minimalistic watch face. There's a range of numeric styles on offer, and you can, of course, change the colour; but there's only one Complication here.



Numerals Duo



Another minimalist face, here you ditch the hands and have the time displayed in this Apple-designed font. Change the colours, style and even symbols if you're brave; but there are no Complications.

Numerals Mono



One big numeral and watch hands. Again, you can change the colour of the digits and whether they're filled or outlined. Use non-Arabic symbols if you wish. Once more, there's no Complications.

Photos



The Photos face displays a new photo every time you raise your wrist or tap the display. Choose an album, Memory or up to 24 custom photos. Choose filters, two positions for the time and two Complications.

Portraits



Add this one from your iPhone's Watch app, the Face Gallery section. Tap it, and choose a Portrait photo to use as a watch face. Two Complications and various numerical styles are on offer.

Pride Analogue



Inspired by the Pride flag, the colours move when you move or turn the Digital Crown. There are several styles, and full-screen or circular dials. With four Complications, only on the circular dial.

Pride Digital



A very similar watch face to Pride Analogue, but with a digital display instead of hands. You can change the style of the lines again, and use two complications. It looks great with Apple's Pride band.



Pride Woven



Another rainbow flag design, this time the colours are interwoven. Choose between a full-screen, no-Complications dial or a circular one with four Complications. Change the weave with the Digital Crown.

Simple



You can't get much simpler than the Simple watch face. It has five Complications, you can change the colour of the second hand and choose between four styles, including plain black.

Siri



Display the latest information offered to you by Siri, turning the Digital Crown to cycle through the notifications and tapping one to open it. Change the colour, or the two Complications.

Solar Dial



Available on Apple Watch SE, Series 4 and later, this one has a 24-hour, circular dial that tracks the sun. You can have the time shown in analogue or digital format, and there are four Complications.

Solar Graph



This one shows the sun's position in the sky, based on your current location. You can turn the Digital Crown to move through time, but the only customisations are two Complications.

Stripes



Choose a circular dial with four complications or a full-screen face with none. You can also choose how many stripes are present, from two to nine, and the colour of the top one.

Time Lapse



Choose a city or location from the six on offer, and you get a time lapse picture for your watch face. Choose from Mack Lake, New York, Hong Kong, London, Paris or Shanghai. There are two Complications.

Toy Story



This fun watch face gives you a choice of Buzz, Jessie, Woody or Toy Box (all the characters) from the legendary Pixar movie. You can set up two Complications on the watch face too.

Typograph



Available only on Apple Watch SE and Series 4 or later, this face gives you a beautifully realised face showing four numerals or all of them, in a range of styles and colours; with no Complications.

Unity



This face, for Apple Watch SE and Series 4 or later, is based on the pan-African flag. The shapes change as you move. A small range of colours are available and two Complications.

Utility



This is very customisable. You can change the style and the typeface of the numerals, and the colour of the second hand and date digit. There are four Complications to set up too.

Vapour



A visual face that animates when you raise your wrist. There's three colours of vapour, or have it change between them. Have a circular dial with three complications, or a full screen picture with none.



World Time



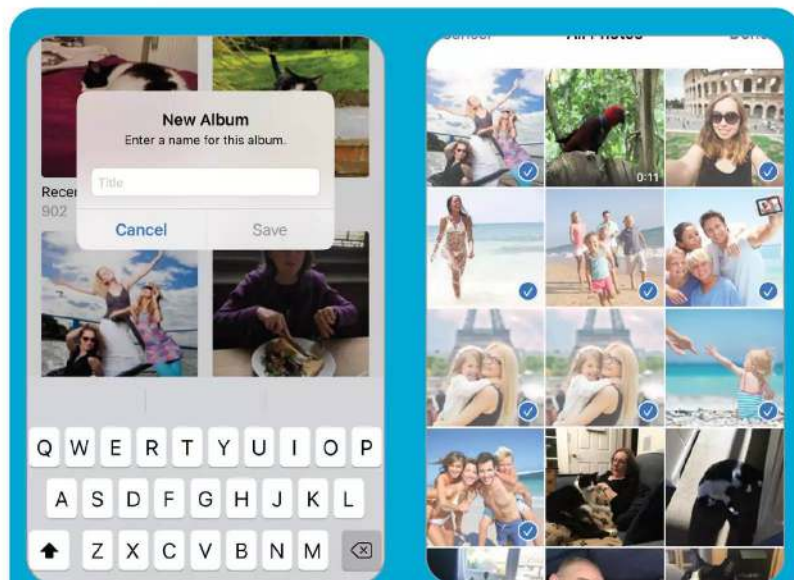
Track the time in 24 time zones at once. The locations around the outer dial represent the different time zones, while the inner dial shows the current time in each location. Four Complications.

X-Large



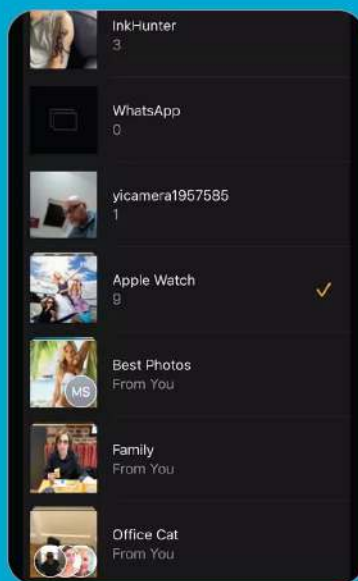
A watch face that gives you a big digital time readout, and a single, large Complication. It's big, it's bold and it's brash. You can choose from a large number of colours; match it to your strap.

The Photos Option



1 You need to sync the watch with a photo album on your iPhone. If you want to make one especially for your watch, open the iPhone's Photos app, tap Albums then tap the Plus sign > New Album. Call it what you like.

2 Open your new album and tap the Add button in the top-right. Tap every photo you want to appear on your Apple Watch; a tick appears in the corner. When you're finished, tap the Done link in the top right.



3 Open the iPhone's Watch app and tap My Watch. Now open the Photos option and tap on Synced Album. Choose the album you want to use with your Apple Watch. Its photos are synced with your watch.



4 On your Apple Watch, add a new face; Photos. Set it up however you like. The photos used for the face are taken from your album, and the picture changes every time you raise your wrist or tap the screen.

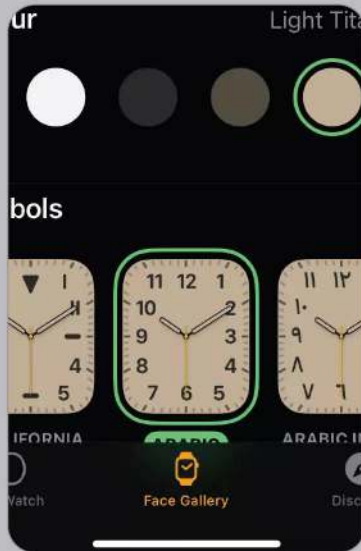


Editing on the iPhone

Sharing Apple Watch Faces



1 You might find it easier to edit new watch faces on your iPhone instead of directly on your Apple Watch. First of all, open the iPhone's Watch app, and tap the Face Gallery at the foot of the screen.



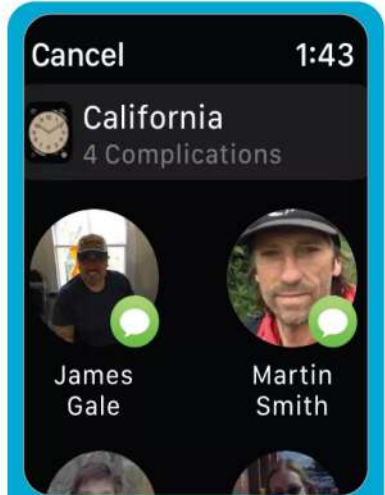
2 Find a face you like, and tap it. You can then configure its style, changing things like the colour, symbols, dial design and more. The picture of the watch face at the top of the screen reflects these changes.



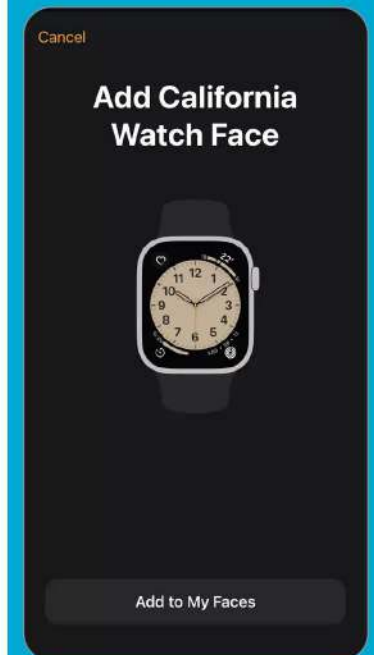
3 Scroll down the list of configurations to get to the Complications, which you can also set up here. The picture of the watch face remains at the top of the screen, so you can see your changes take effect.



4 When you're done, tap Add next to the watch face, atop the screen. The face is synced with those on your iPhone, and is automatically selected as your current watch face on your Apple Watch.



1 If you've designed an impressive watch face and want to share it with someone; on your Apple Watch, open the face in question, tap and hold the screen and then tap the Edit icon. You're invited to share using Messages and Mail.



2 Choose one of the contacts offered, or scroll to the Messages and Mail icon, add a recipient and tap Send. The recipient gets a picture of the face. They can tap this picture and are then invited to add the face to their Apple Watch.



Wi-Fi and Bluetooth

When your iPhone is nearby, your Apple Watch connects to it and gets its online connection through the phone, but if it isn't, your watch can connect to Wi-Fi itself. You can connect your Apple Watch directly to a 802.11b/g/n, 2.4 GHz Wi-Fi network, or even the faster, less crowded 5 GHz network if you have a Series 6 watch or later. Here's a guide to how.



Connecting to a Wi-Fi Network

Connect your Apple Watch to a 802.11b/g/n, 2.4 GHz Wi-Fi network, or even a 5 GHz network if you have a Series 6 watch or later.



1 To find and join a Wi-Fi network, in the watch's Settings app, tap Wi-Fi. Make sure it's switched on (see the switch at the top of the page), then scroll up to find the network you want to join. Tap it, and if necessary, enter the network's Wi-Fi password. Tap Join.



2 To get your Apple Watch to forget a Wi-Fi network, so it won't automatically join, open the watch's Settings app and tap Wi-Fi. Use the Digital Crown to scroll until you see the network in question, tap it and scroll up to the Forget This Network button and tap it.



3 When your Apple Watch connects directly to a network instead of going through your iPhone, a Wi-Fi symbol appears atop the control centre. You cannot connect your Apple Watch to public networks that require logins, subscriptions or profiles.



4 To adjust your Apple Watch's Auto Hotspot settings, go to Settings > Wi-Fi and at the bottom of the page, tap the button showing your current setting. Your Apple Watch can ask before joining a network you've previously been on, always join or never join.

Bluetooth Peripherals

Connect your Apple Watch to Bluetooth peripherals, such as speakers, headphones and earbuds, to play audio straight from your watch.



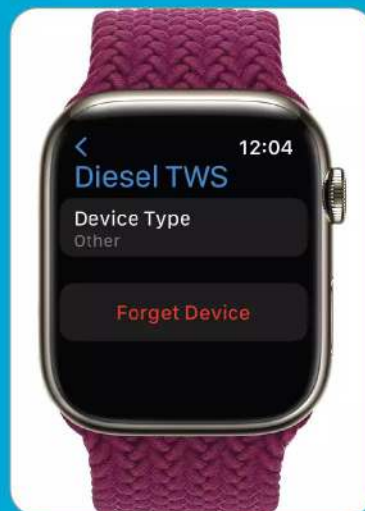
1 If you want to connect a device such as Bluetooth, earbuds, speakers or connected peripherals that record health information, first of all, dig out the instructions for the item in question and put it into pairing mode. It's usually fairly straightforward to do so.



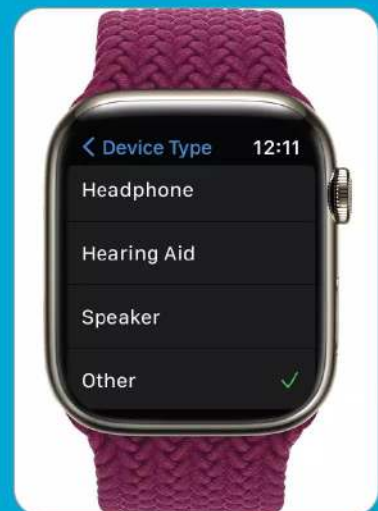
2 On your Apple Watch, open the Settings app and tap the Bluetooth option. Devices that are already paired with your Apple Watch are listed here. The watch searches for nearby Bluetooth gadgets that are in pairing mode; the one you're pairing should appear.



3 The new device appears on the screen, listed in the Devices or Health Devices section (it might take a while to appear). It should be listed as 'Not Paired'. Tap it, and the device is paired with your watch and connected to it via a Bluetooth connection.



4 To unpair a Bluetooth device from your Apple Watch, so it no longer connects to your watch when you switch it on, in Settings > Bluetooth tap the 'i' symbol next to the device you want to forget. Tap the Forget Device button and that device is no longer paired.



5 If the Apple Watch has not correctly recognised the category of the device you've paired with it, open Settings > Bluetooth and tap the 'i' icon next to the device in question. On the next screen, you can choose which category of device it should be in.



The Apple Watch Control Centre

The watchOS Control Centre gives you access to a range of features on your Apple Watch. It's great for pinging your mislaid iPhone, checking the battery level, switching to Airplane Mode and more. Here's how it all works.

Wi-Fi and Cellular
This icon, when lit, shows your watch has a current Wi-Fi connection. Tap it to turn Wi-Fi on and off. If your watch also has cellular connectivity, it's joined by another icon, showing a cellular mast. This is green when a cellular connection has been made. Again, tap it to turn it on and off.

iPhone and Location
The green icon here shows your watch is connected to your iPhone. The blue one shows it's seeking location information. Tap here to check up on this information. On an Apple Watch with Cellular connectivity, these icons are replaced with signal-strength bars. Swipe down from the faint line above these icons to close Control Centre.

Ping Your iPhone
If you've mislaid your iPhone, tap this icon and it makes a pinging noise. Follow your ears, and you should be able to find it again.

Battery Level
This shows your current battery level. Tap it for a screen with a slider that lets you put your watch into Power Reserve mode, which shuts down most of your watch's functions but lets you keep the time.

Silent Mode
If you need some peace and quiet, perhaps because you're in a meeting or watching a movie and don't want to be interrupted, tap this icon to activate Silent Mode. It turns red and the bell is crossed out when it's active. Tap it again to turn off Silent Mode.

Theatre Mode
Stops the display turning on when you lift your wrist; it still lights up if you tap the crystal or press a button. Theatre Mode also turns on Silent Mode. When the watch is in Theatre Mode, this icon appears above the watch face too. The icon is orange when it's on; tap it again to turn it off.

Walkie-Talkie
Do you want to make yourself available for Walkie-Talkie calls? If so, tap this icon; it turns yellow. Tap it again to turn it off.



Personal

Driving

Choose a Focus

If you've set up a Focus on your iPhone, tap this icon and choose it on the next screen. Even if you haven't set up a Focus, you can still use the default ones such as Do Not Disturb and Driving. You can choose whether to keep your Focus on for an hour, until tomorrow morning or until you leave your current location. Alternatively, just turn it on, and tap the icon again to turn it off once more.



Airplane Mode

If you're flying, the airline might insist you use Airplane Mode for your iPhone and Apple Watch. This turns off Wi-Fi and cellular connections, to prevent them interfering with the aircraft's navigation instruments, but keeps Bluetooth turned on so you can still listen to your music. Tap the icon to turn the feature on and off, on both your iPhone and your Apple Watch. When it's on, an airplane appears on your watch face.

Apple Watch

Diesel TWS

Audio Output

If you want to switch your watch's audio output to a connected Bluetooth audio device such as speakers or earbuds, or if you want to connect it to such a device, tap this icon. You can choose an audio output source from connected devices listed on the Audio screen, or tap Connect a Device to make a new bluetooth connection.



The Torch

Tap the Torch and your screen turns white, with the screen set to maximum brightness. You can then use your watch as a rudimentary torch for a flashing light, and again for a red one. Swipe down to turn the feature off and return to the watch face.



Water Lock

If you go swimming in your Apple Watch, tap this icon to activate the watch's Water Lock to lock your screen and prevent accidental taps. This function is automatically activated if you start a Swimming workout. When you've finished, turn your Digital Crown to expel the water from your speaker port and unlock your watch.



Check Headphone Volume

If you're listening to music through your headphones on your Apple Watch, this icon shows a green tick. Tap it and you get a screen that lets you adjust the headphones' volume, and also checks it's not too loud. You can limit the maximum headphone volume in Apple Watch's Settings.

Edit Control Centre

Swipe all the way to the bottom of the Control Centre to see the Edit button at the foot of the icons. Tap it and you can edit your Control Centre. To remove an item from the Control Centre, tap the red cross next to it. To add a feature that isn't currently in there, tap its green tick. Items you've removed can be added again later.

Accessing the Control Centre

To access the Control Centre from the watch face, simply swipe the screen upwards. To open it from within an app, touch and hold the bottom of the screen, and then swipe up when the top of the Control Centre appears. To close Control Centre, swipe down from the top of the screen. With the Control Centre open, scroll the screen up and down using the Digital Crown, or alternatively, by placing your finger on the screen and dragging it up and down.





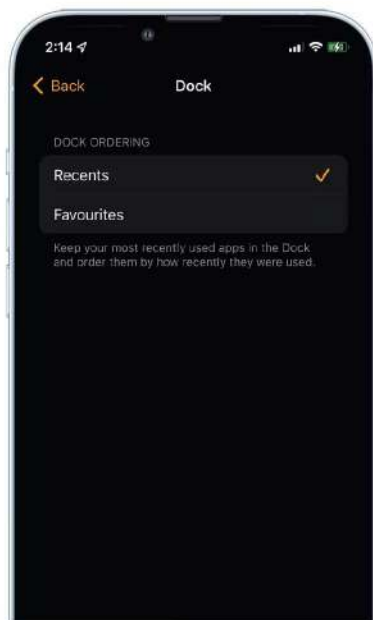
The Dock in watchOS

Apple Watch's Dock is a convenient way of accessing either your favourite apps or those you've used recently. It can hold both first-party apps, created by Apple and bundled with watchOS, and third-party software that you've added yourself. In watchOS 9, apps running in the background are prioritised over other Dock apps, making them even easier to find.

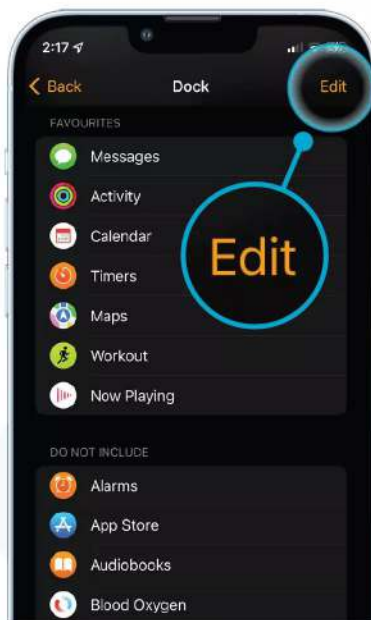


Recents or Favourites?

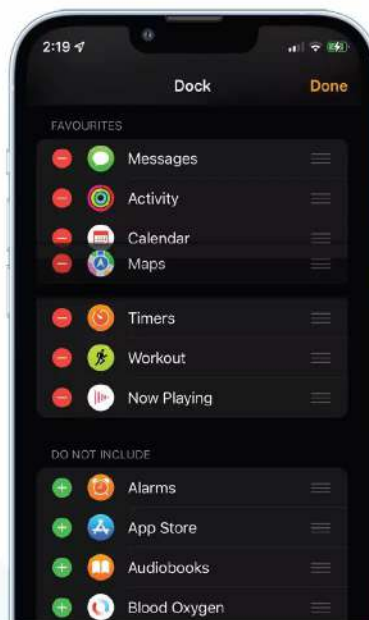
You can set up the Dock to hold Recents, that is, apps you've used most recently, displayed in the order you accessed them, or Favourites, which lets you decide which apps are in the Dock and in what order.



1 Open the Watch app on your iPhone, and in the My Watch tab (bottom-left corner), select Dock. Here you can choose between Recents (the most recently used apps), and Favourites (apps of your choice).



2 If you choose Favourites, all the applications you have installed on your Apple Watch are listed, under 'Favourites' (in the Dock), or 'Do Not Include' (not in the Dock). Tap Edit (top right) to make changes.



3 Remove apps from the Dock by tapping the minus sign next to them, and add them by tapping their plus signs. You can also reorder Dock apps by dragging them up and down using their three-lines icons.

Using the Dock

Whether you use the Dock to access apps you've recently used or you've set it up with your favourite apps, it's a great way of getting to your applications quickly and easily. Here's how to use the Apple Watch's Dock.



1 To access the Dock on your Apple Watch, press and release the Side Button once. A double press takes you to Apple Pay, and a press-and-hold gives you power and emergency sliders.



2 Regardless of whether you use Favourites or Recents, you'll see your Dock apps arranged like a card wheel. Using the Digital Crown, scroll up and down to review the apps currently in your Dock.



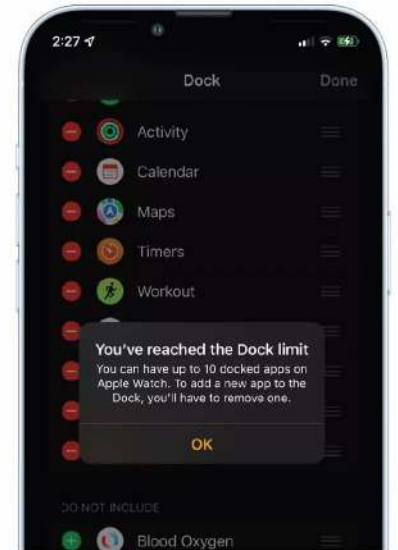
3 If you scroll your Dock apps all the way to the bottom, you'll see this button, marked 'All Apps' and with a small icon representing the app layout. Tap it to get to your App Chooser screen.



4 To open an app from within your Dock, scroll to the application in question and then tap it on the watch screen. The app opens, just as if you'd tapped and opened it from the App Chooser.



5 You can remove an application from the Dock directly from the watch, regardless of whether you use the Favourites or Recents view. Just swipe an app left and tap the 'X' that appears.



6 When setting up your Dock in Favourites view, there's a limit of ten apps in the Dock. If you try to add an eleventh, you'll get a notice telling you that you must remove apps before adding more.



The Apple Watch's Home Screen

The Home screen, also known as the App Switcher, is at the heart of your Apple Watch. It's from here you can launch your watch's built-in and third-party apps, and rearrange the order in which they appear. You can set your Home screen in Grid View or List View, and also delete Apple Watch apps directly from the App Switcher. Here's how to use and customise it.



1 Opening your Apple Watch's App Switcher couldn't be easier. Just press the Digital Crown button and you're taken straight there. You can then drag the app icons around the screen with your finger, which lets you look for the icon representing the app you wish to open.



2 When you have brought the application you wish to open into view, simply tap on its icon to launch it. To close it again and get back to the App Switcher screen, press the Digital Crown once more. From the Home screen, press the Digital Crown again to get back to the watch face.



3 You can zoom in and out of the App Launcher using the Digital Crown. On the App Switcher screen turn the Digital Crown towards you to zoom out until the apps are tiny, or away from you to zoom in; ultimately opening the app that's in the centre of the screen at the time.



4 Tap and hold the Home screen and you get a list of three options; you can switch between the Home screen's default Grid view and a List view, and you can opt to edit your Home screen.



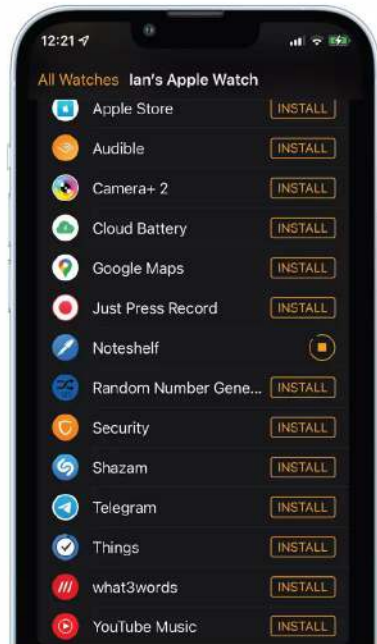
5 If you use your Home screen in List view, you can scroll up and down the list of applications using the Digital Crown. The apps are listed in alphabetical order, so it's easy to find the one you want.



6 If you want to delete some apps from your Apple Watch, first of all, tap and hold the Home screen (whether in Grid or List view). From the screen that pops up, select the final option, Edit Apps.



7 After selecting Edit Apps, the Home screen appears, with some apps showing an 'X'. To delete an app, tap it and you're invited to Delete App or Cancel. Only apps showing an 'X' can be deleted.



8 In your iPhone's Watch app, if you want to reinstall an app you've deleted, open the My Watch tab and scroll down to the apps that aren't installed. Find the one you want and tap its Install button.



9 You might also find it easier to configure your Home screen on the iPhone's Watch app. In the My Watch tab, tap App View and choose Grid or List view. In Grid View, tap Arrangement and you can tap and hold an app icon, and drag it into a new position in the grid.



Using the iPhone's Watch App

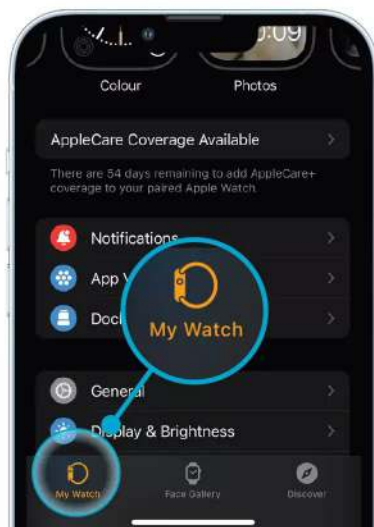
The Watch app on your iPhone is an essential part of your Apple Watch experience. You use it to set up and configure your Apple Watch, change its settings and generally customise it to suit your needs. Some of the settings and options are self explanatory, so here we'll give an overview of the more complex ones. Don't be afraid to experiment, and above all, have fun.



The Three Tabs

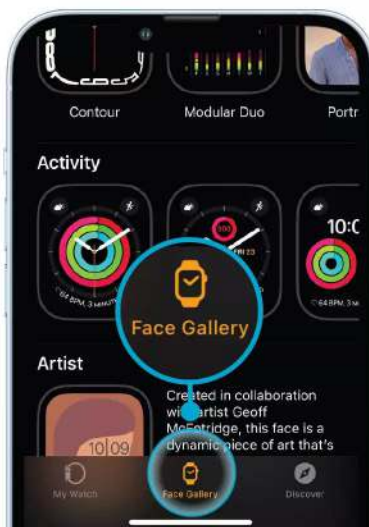
Along the foot of the screen there are three tabs; My Watch, Face Gallery and Discover. Most of the settings and options you need to know about are in the My Watch section, found in the bottom-left corner.

My Watch



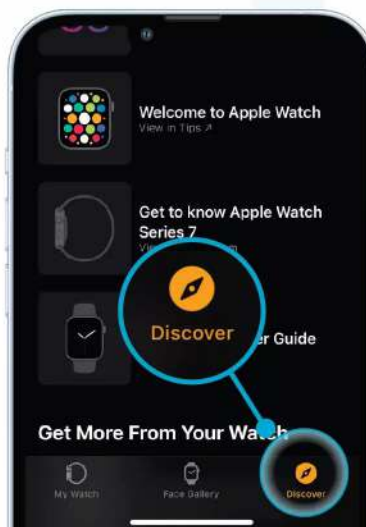
My Watch is the heart of the Watch app, and it's here you change its settings and configure its various features. As well as the watch's core functions, you can also edit your watch faces, configure the preinstalled apps and also install third-party apps on your Apple Watch.

Face Gallery



Here you can review all the watch faces currently available for your Apple Watch. Tap one and configure it, then tap the Add button at the top of its screen to add it to the range of faces you can use on your watch. It's easier than creating faces on the watch itself.

Discover



The Discover section of the Apple Watch app offers tips on how to use your watch. Tap one of the guides, and it opens. Some open in the Tips app, some in Safari and the Explore Watch Apps option opens in the App Store, showing you apps available for your watch.

The My Watch Tab

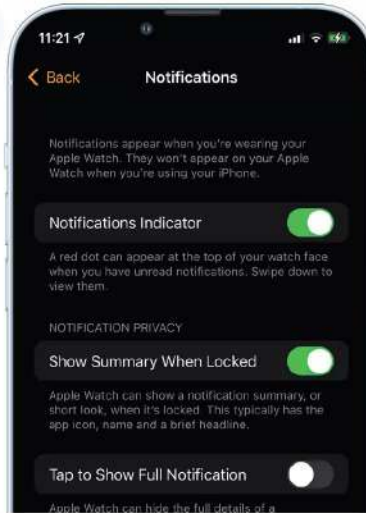
The rest of this tutorial investigates and explains the various options and configurations available through the app's My Watch tab, which is accessed by tapping the icon in the bottom-left corner.

My Faces



These are the watch faces you currently have set up. Tap one of them and you can edit and configure it, or change its complications. Tap the Edit link and you can reorder or delete them.

Notifications



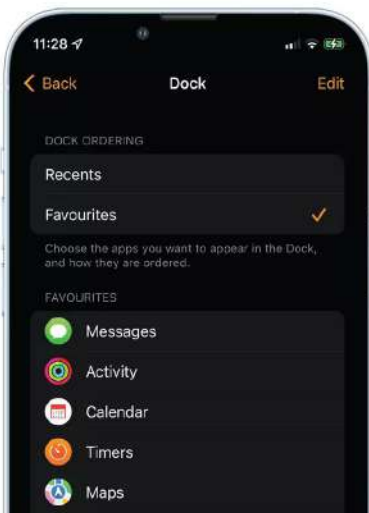
Under Notifications you can make configurations, including turning off the red dot indicating a notification has arrived. You can configure app notifications on a per-app basis too.

App View



You can change the way apps are arranged on your Apple Watch. By default they're in Grid View, but you can change this to a List View. Tap Arrange to reorder the Grid View.

Dock



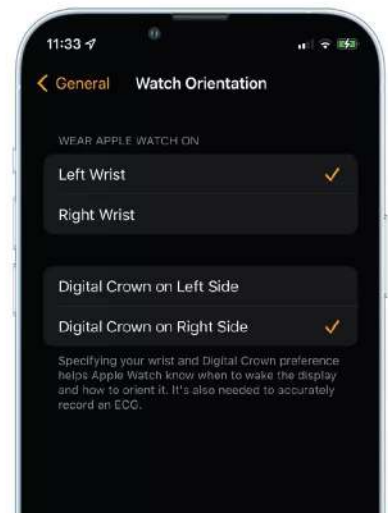
You can set up your Dock to show most recently-used apps, in the order they were used, or you can keep your favourite apps in there. Tap Edit to reorder and add or remove favourites.

Software Update



In General > Software Update, you can check to see if there's an update to watchOS you can install on your watch. You can also opt to download updates automatically, instead of checking.

Watch Orientation



Do you wear your Apple Watch on your left wrist or your right? Do you prefer the Digital Crown to be on the left side or the right side? You can choose in General > Watch Orientation.



Language & Region



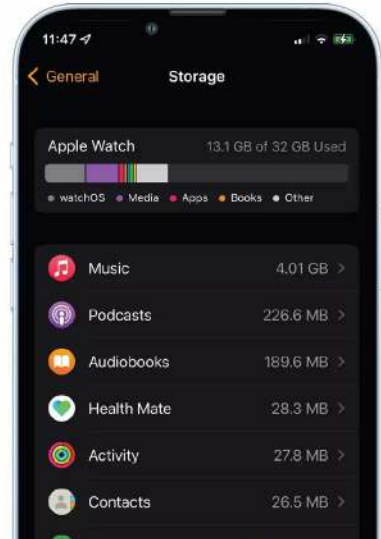
You can set up what language or languages are used on your Apple Watch, choose what region you're using it in and set the calendar. Choose 'Mirror Apple Watch' and the watch's settings are the same as those on your iPhone. Tap Edit to remove languages.

Apple ID



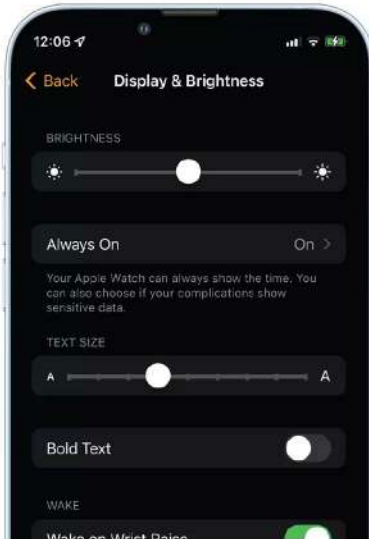
Signing into your Apple ID on your Apple Watch is essential for many of its features, functions and apps. If you're not signed in, do so in General > Apple ID. Enter the email address that you use for your Apple ID, and then type your password to sign in.

Storage



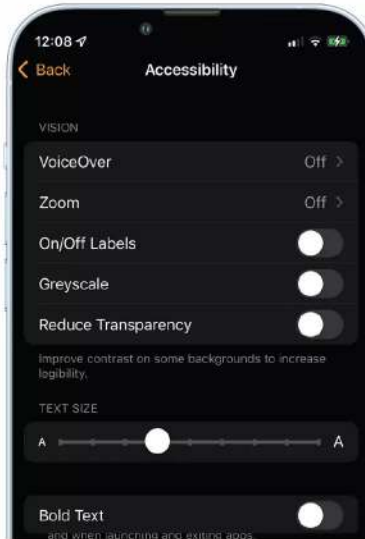
Another Useful option available in the General section is Storage. Here you can see how much space you have left on your Apple Watch, and get a breakdown on how much each app is taking up. Tap an app to see the space taken by the app itself and its data.

Display & Brightness



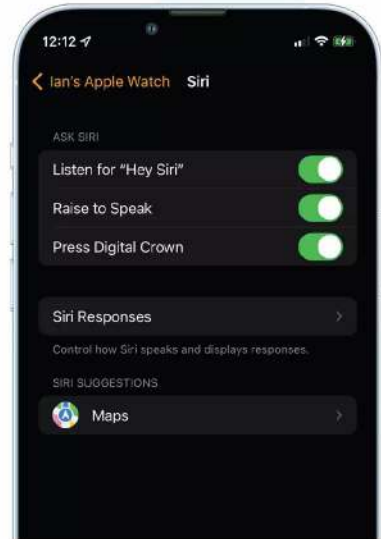
Under the Display & Brightness option, you can set the brightness of your Apple Watch's screen and the size of its text using the sliders. You can also make all displayed text bold and set when it wakes and how long it wakes for; and modify always-on features.

Accessibility



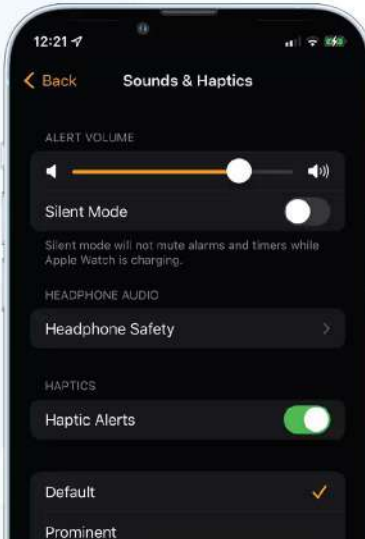
Accessibility options are off by default, but if you have an impairment, check this section. There are several things you can modify to make using your watch easier if you have a hearing, visual or motor impairment. You can even set up an Accessibility Shortcut.

Siri



Siri is Apple's personal digital assistant, and it's built into your Apple Watch as well as your iPhone. Here you can set when your watch opens Siri, and under 'Siri Responses', the volume at which Siri speaks, whether you want Siri to always speak and more.

Sounds & Haptics



This section lets you configure your watch's sounds, and also its haptics, that is its vibration feedback. Set the alert volume, put it into Silent Mode, turn haptics on and off and set their level, and more. You can cover your watch with your hand to silence alerts too.

Passcode



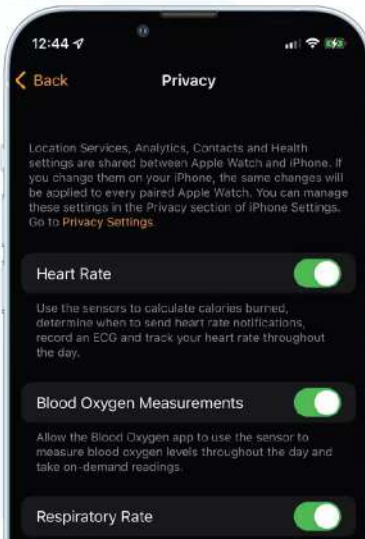
There are numerous options available regarding your watch's passcode. You can turn it off, change it and more. Turn on Erase Data and your watch is wiped after ten failed password attempts, and Wrist Detection locks it when you're not wearing your watch.

Emergency SOS



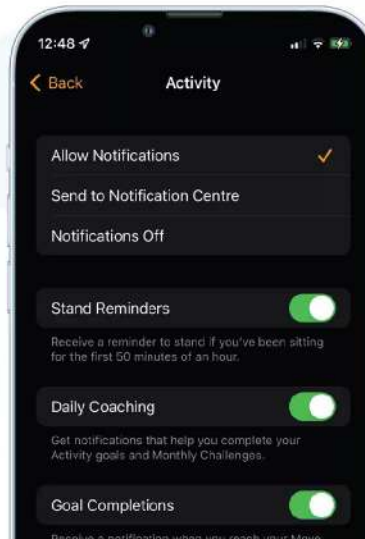
You can make an emergency call to your country's emergency number by holding the Side Button. In this section, you can turn this off, set the watch to call the emergency number if it detects that you've fallen and set up your Medical ID in the Health app.

Privacy



If there are certain things you'd rather the Apple Watch didn't measure, go here and turn them off. You can turn off Heart Rate, Respiratory Rate, Fitness Tracking, Blood Oxygen Measurements and more. You can turn on Environmental Sound Measurements too.

Activity



Activity is one of the Apple Watch's most popular features. You can configure the notifications it sends, and whether you want it to remind you to stand if you're spending too much time sitting down. Other options include notices for Special Challenges, Daily Coaching and more.

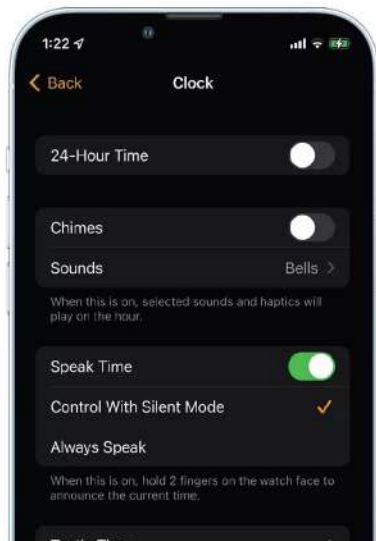
Blood Oxygen



The Blood Oxygen app checks your oxygen levels throughout the day. You can turn this off if you don't want these checks. It uses potentially distracting bright red LEDs, so you can set it to be on or off when the watch is in Sleep, Focus and/or Cinema Mode.

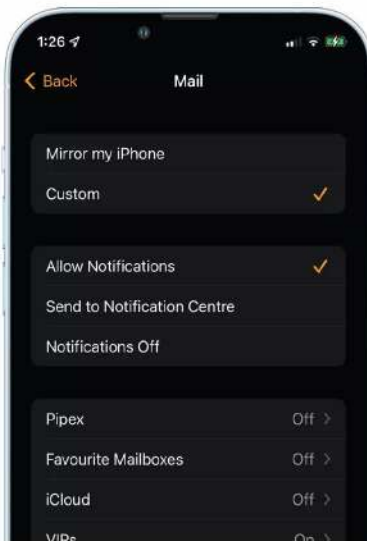


Clock



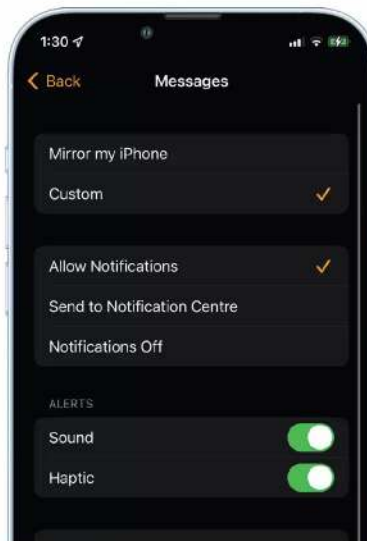
If you wish to use a 24-hour clock instead of 12-hour when using a digital watch face, turn on the option here. You can also have chimes play every hour, on the hour, have the time spoken when you place two fingers on the watch face, set a monogram for faces that use them and more.

Mail



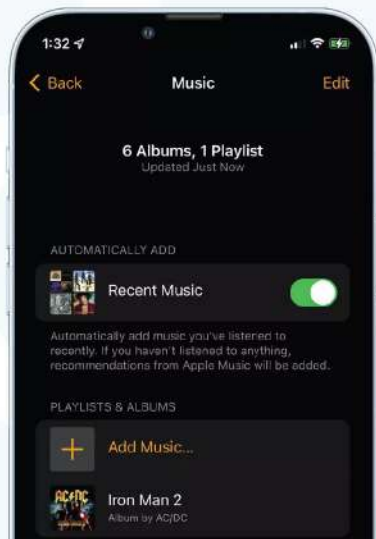
In the Mail options, you can set which of your email accounts send you notifications when an email arrives. You can configure your Mail notifications, set up default replies to answer emails from your watch and more. There's a lot you can configure in the watch's Mail app.

Messages



When you receive a message on your iPhone, you can get an audio and/or haptic alert on your watch. Again, you can use default replies if you want to answer a message using your watch, and you can add custom default replies to the list of those on offer.

Music



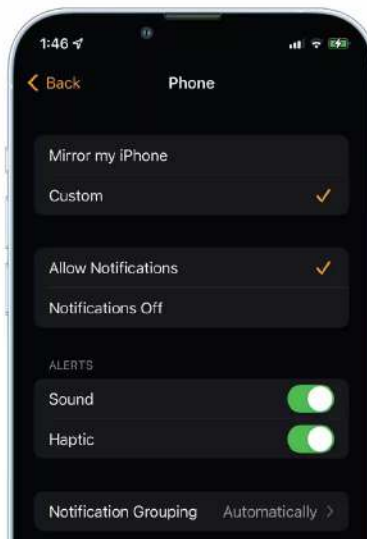
You can listen to your music directly from your Apple Watch, by copying your tracks to the watch. Music you've recently listened to is automatically added (you can switch this off), and you can add music from your iPhone, as long as it's nearby and your watch is charging.

Noise



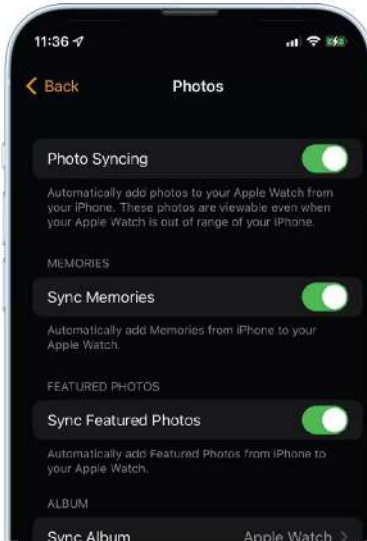
Your Apple Watch can check environmental sound levels, and warn you if they're so high they might affect your hearing. Turn on Environmental Sound Measurements, and set the noise threshold for the warnings. Just the thing if you work in a noisy environment.

Phone



You can take phone calls on your watch, and there are numerous settings you can change. If your settings mirror your iPhone's, you can only change the ringing alerts, but if you use custom settings you can configure notifications from the Phone app too.

Photos



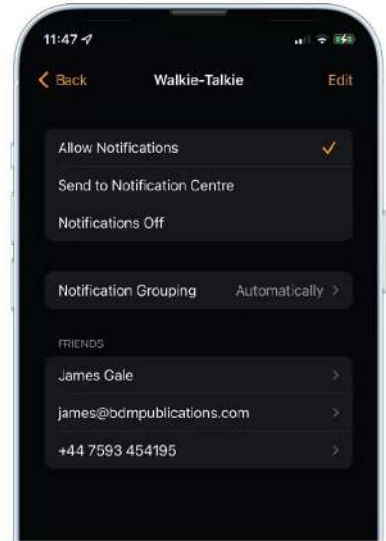
You can enjoy your photos directly from your Apple Watch. They sync automatically from your iPhone, along with Memories and featured photos, but you can turn these off if you want. Set a limit of 25, 100, 250 or 500 photos according to how much space you have.

Sleep



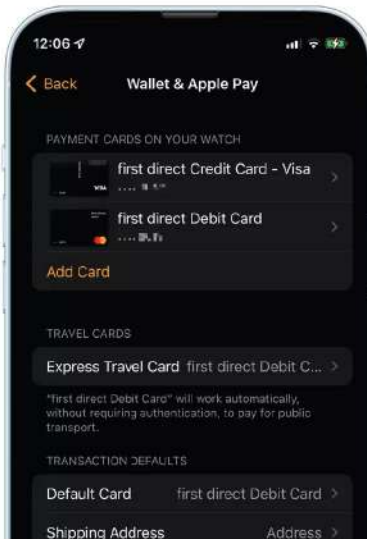
Your Apple Watch can track how long you sleep, and wake you up with an alarm on your wrist. The display dims and locks itself at bedtime so it won't wake you up. Open the Sleep feature here, or you can set up the feature in the Health app on your iPhone.

Walkie-Talkie



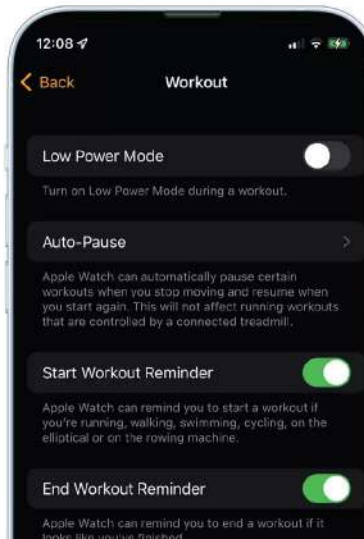
In the Walkie-Talkie section, you can customise the feature's notification access. To add a contact to Walkie-Talkie, go to the app on your Apple Watch, select the contact in question (drawn from your Contacts app), and turn it on; then they appear here.

Wallet & Apple Pay



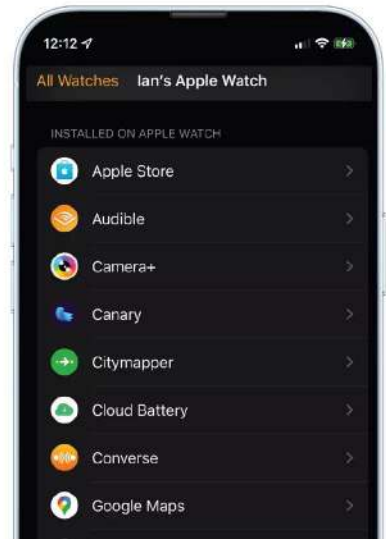
If you want to add credit and debit cards to your Apple Watch's Wallet & Apple Pay app, do so here. Tap Add Card and follow the instructions. Tap a card for its details and the opportunity to remove it. You can also set a default card to use, a shipping address and more.

Workout



Workout is another popular watch feature. Tap Workout View to customise the information fed to you by specific workouts. Power Saving Mode turns off a few features to save battery power when working out, and there are lots of other things you can set up too.

Third-party Apps



At the bottom of the My Watch section are third-party apps that can appear on your watch; first those you've installed, and then those on your iPhone, but not yet installed on your watch. Tap Install to do so. Tap an app that's on your watch and you can remove it.



Notifications on Apple Watch

Your Apple Watch brings you a wealth of notifications from built-in apps such as Calendar, Mail, Messages, Maps and Activity. Third-party apps can also send notifications. From watchOS 9 onwards, incoming notifications arrive in discreet, unobtrusive banners when the watch is active too. Here's how to use and configure your Apple Watch's notifications.



Using Your Notifications

Making use of the Apple Watch's notifications feature is easy. Follow this guide and you'll soon have a huge amount of information right there at your fingertips, sent by your favourite apps and services on your Apple Watch.



1 When your Apple Watch has received a notification which you haven't yet read, a red dot is shown at the top of the screen. Swipe down on the screen to review your notifications, whether read or unread.



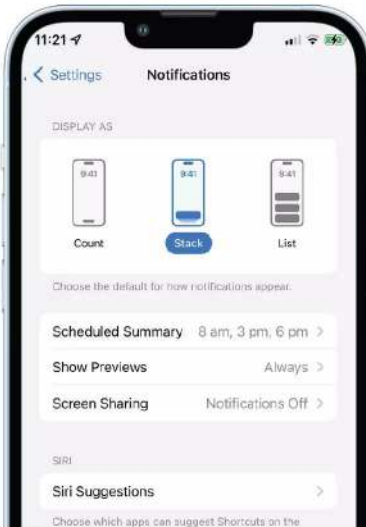
2 Scroll through notifications with the Digital Crown. You get previews of each item; tap one for the full notification. If it's a first-party app, tap again to go to the app that created it, eg, an email takes you to the Mail app.



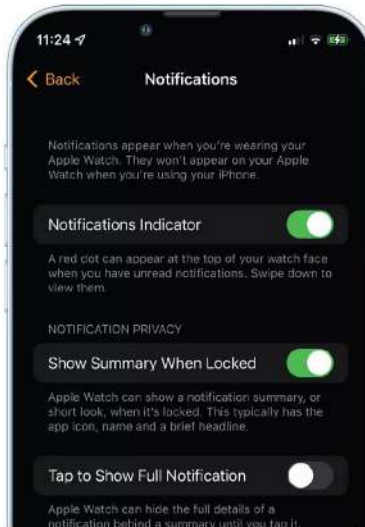
3 Look at your watch as soon as you hear the notification tone and you see an indicator from the app that sent it, followed by the notification itself. You can stop this happening if you wish. Read on to see how.

Configuring Your Notifications

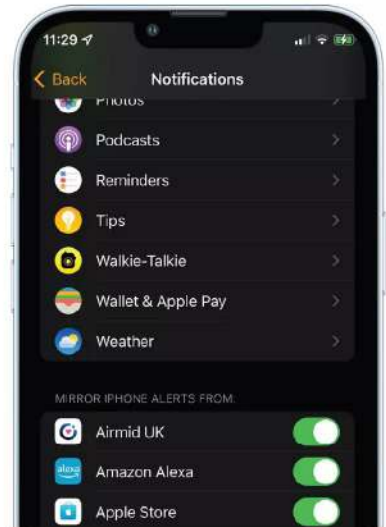
Your Apple Watch's notifications service is far more effective when you've configured it to suit your specific needs. Here's a brief guide to doing just that, using the iPhone's Watch app.



1 On your iPhone open the Settings app and go to Notifications. Tap on an app name to see how that particular app sends notifications to your iPhone. When its Apple Watch component is set to 'Mirror iPhone', this is what the setting does.



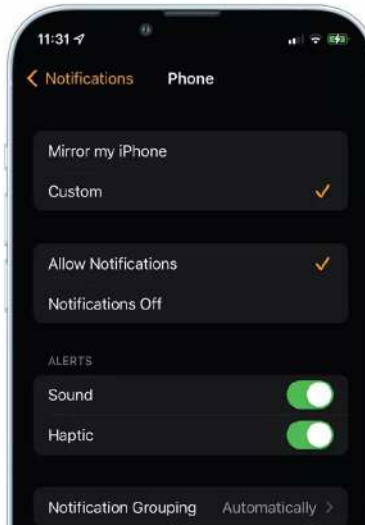
2 Now open the iPhone's Watch app and go to My Watch > Notifications. The first option switches on and off the red notification indicator mentioned earlier. The Notification Privacy section lets you configure how notifications are shown on your watch.



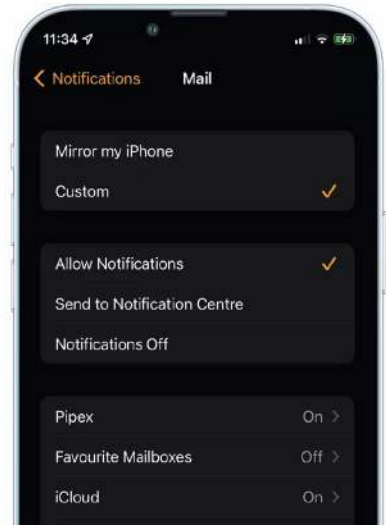
3 The apps list is divided into two sections. The first list is of built-in apps; tap one to see its individual notification settings. The second list is mostly third-party apps, with a switch to mirror the iPhone notification settings or turn them off.



4 Each app has its own notification options. If you choose to Mirror my iPhone, the settings are the same as the ones you set for the iPhone version of the app; it's in the iPhone's Settings app under Notifications (see Step 1).



5 If you choose Custom settings you can modify and customise the Apple Watch notifications independently of those set up for the iPhone version of the app. Options chosen here do not change your iPhone's notification settings.



6 The notifications for your Mail app can be set up separately for each individual mailbox. Tap on one of them to set up that mailbox's notifications, so you can, for example, have alerts from one mailbox but not the others.



Bedside Mode on Watch

Introduced with watchOS 2.0, the Apple Watch's Bedside Mode (formerly Nightstand Mode) is a real boon for those who charge their watch on their bedside table. When it's active and the watch is charging, you can tap it – or the table it's charging on – to display the time in luminous green digits.



Setting Up and Using Bedside Mode

Bedside Mode is easy to use, and works regardless of whether you charge your watch on a stand or with just the charging cable. It works whether your watch is in landscape mode or portrait mode too.



1 To activate your Apple Watch's Bedside Mode, in the watch's Settings app, go to General > Bedside Mode and switch it on. It's as easy as that. Alternatively, in the iPhone's Watch app, go to My Watch > General > Bedside Mode and switch it on there instead.



2 For Bedside Mode to function, the watch must be on a charging stand; horizontally, vertically or laid flat. It needs to be charging too. It can't be used if your watch isn't connected to the mains. But if it is, the watch displays the current time, date, next alarm and battery level until it goes to sleep. To bring it out of sleep mode, you need only touch the watch or even tap the table on which it's sat and the figures appear again. It's a really convenient bedside alarm clock for when you're travelling, and many Apple Watch stands are designed to hold the watch in a position where you can see the screen without sitting up.



Airplane Mode on Watch

When your electronic devices are in Airplane Mode, connectivity functions such as Bluetooth, Wi-Fi and phone calls are disabled. This is because airlines demand you close down these features in case they interfere with the plane's navigation systems. Here's how to use Airplane Mode on your Apple Watch.



Activating and Deactivating Airplane Mode

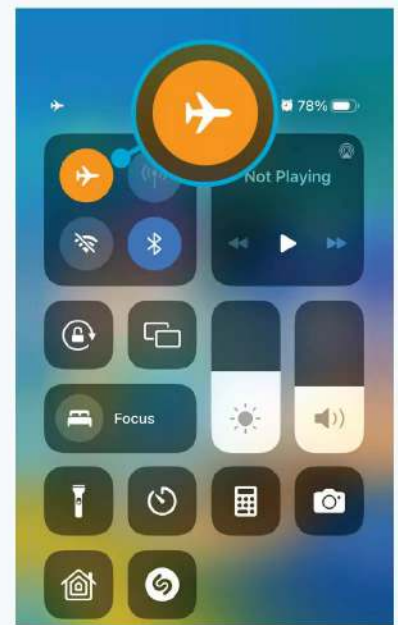
With Airplane mode you can safely and legally use your watch on an aircraft. Here's a guide to activating Airplane Mode on your Apple Watch and iPhone, switching off all outside communication.



1 On the iPhone, in the Watch app, open the My Watch tab bottom left. Now go to General > Airplane Mode. You can then choose whether to Mirror iPhone, that is, when the Apple Watch is put into Airplane Mode, the iPhone also activates this mode and vice versa.



2 On the Apple Watch, to activate and deactivate Airplane Mode, open the Settings app and go to Airplane Mode, where you can switch it on or off. When in Airplane Mode, there's an orange aeroplane icon above your watch face to show this mode is currently active.



3 To activate Airplane Mode on your iPhone, swipe in from the top-right corner of the screen for Control Panel and tap the Airplane Mode icon. You can also activate it from your Apple Watch by swiping up from the bottom of the screen and tapping the airplane icon.



Phone Calls on Your Apple Watch

In science fiction movies of old, the hero would take a phone call simply by speaking into his watch. Now those days are here for real. With your Apple Watch, you can make and receive iPhone calls right from your wrist, without even getting your mobile out of your pocket. Here's how to use your Apple Watch for telephone calls and look like a secret agent too.



Taking and Making Calls on Your Apple Watch

If someone rings your iPhone while you're wearing your Apple Watch, the watch rings and vibrates too. You can then take the call on your watch. You can also initiate a call on Apple Watch.



1 When you get an incoming call, your watch screen looks like this. There are two buttons you can press. The green one takes the call on your Apple Watch and the red one declines it. If the caller is in your contacts, a name is shown. If not you see their number.



2 If you're too late and the caller rings off before you can accept or decline the call, you get a Missed Call notification. Tap it for a screen that lets you call back or send a text message to the person who called you. It's useful if you have your hands full.



3 While the call is taking place, use the digital crown to raise or lower the volume. The name of the caller and the duration of the call are shown. Press the red button to end the call or the microphone button to temporarily mute it, and the three-dots button for the keypad.



4 If you'd rather take a call on your iPhone instead of answering on your Apple Watch, maybe because the call is private, when your watch rings tap the three-dots button. On this screen tap the Answer on iPhone button, found at the top, to take the call on your phone.



5 If you'd like to decline a call with a short text message, tap the three-dots button on the incoming call screen, and scroll to see these messages. Tap one to send it. Also, placing your hand over the watch face stops it ringing, but doesn't immediately decline the call.



6 To initiate a phone call from your Apple Watch, first open the Phone app. You can do this in the usual way, by pressing the Digital Crown and navigating to the app's icon, but there's a quicker way too. Simply press the Digital Crown twice to go straight there.



7 From the Phone app screen, you can select contacts you've designated as Favourites, recent callers or your Contacts app. Tap a phone icon to make a call. Alternatively, tap Keypad to type a number to call. To take your voicemails, scroll up to the Voicemail button.



8 To call your country's emergency number, press and hold the Side Button until the sliders appear, then slide the Emergency SOS option. If you can't use the slider, keep holding the Side Button and a timer counts down from five, making the call when it's finished.

Do Not Disturb



If you want your privacy for a while and don't want to take calls, you can activate the Do Not Disturb function. Swipe the screen up to get to the Control Centre and then tap the moon icon to get to this screen. Tap Do Not Disturb, then choose whether to turn it on, turn it on for an hour only, activate it until tomorrow or keep it on until you leave your current location.



The QuickPath and Scribble Features

With the bigger screen offered by recent Apple Watches, buttons and features have been made bigger and easier to use. This has also made possible two great features; QuickPath, an on-screen virtual keyboard; and Scribble, whereby you can write messages one letter at a time.

The QuickPath Feature

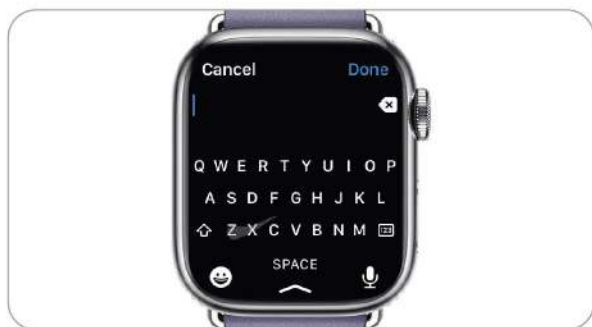
In a first for the Apple Watch, the Series 7 models include a virtual QWERTY keyboard with which you can write a message or email with one finger, dragging it over the virtual keys. It's a great new feature.



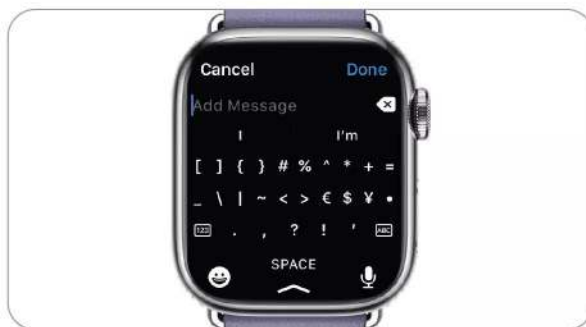
1 In the Messages app, navigate to the conversation to which you want to reply, and scroll to the text entry field. Tap it to go to the QWERTY keyboard, with which you can enter text.



2 In the email app, either scroll up the screen and tap the New Message button, or find a message to reply to, scroll up and tap Reply. Tap Add Message, then tap the text field.



3 When the keyboard is on your screen, you can type a message by tapping the keys, as you would on your iPhone. You can also drag your finger from letter to letter to type instead.



4 Tap the '123' key for symbols, then the '#+=>' key for more symbols. The 'ABC' key takes you back to letters. To correct a mistake in your typing, scroll to the mistake using the Digital Crown.

The Scribble Feature

Another way of entering text on your Apple Watch is by using the Scribble feature, whereby you compose your text by drawing individual letters one at a time to compose your text. It's a surprisingly intuitive way of typing.



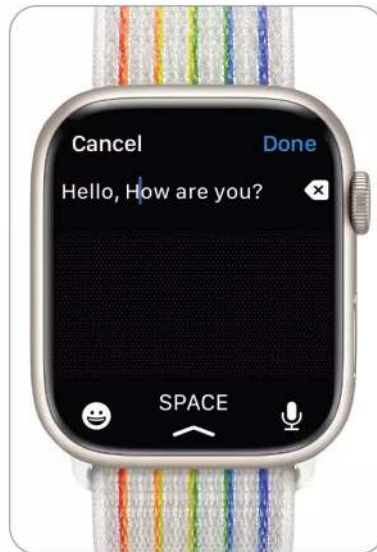
1 To write a message or email using Scribble, first of all, navigate to the QWERTY keyboard as described earlier. Swipe up from the chevron at the foot of the screen, under the keyboard.



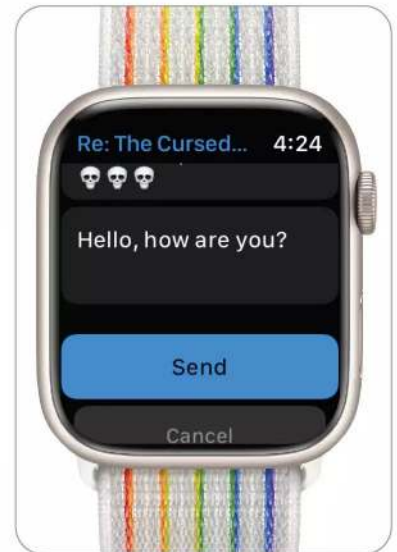
2 On this next screen, you can select the Keyboard, if you change your mind and wish to type, or the Scribble option for each language you have installed on your Apple Watch. Tap a Scribble button.



3 You can now write a message, one letter at a time, on your screen. Use the word 'space' at the foot of the screen to type a space. You can type punctuation as well as words.



4 Once again, you can scroll to a mistake in your text with the Digital Crown. Use the delete icon in the top-right corner of the screen. Tap it to delete the character before the blue line.

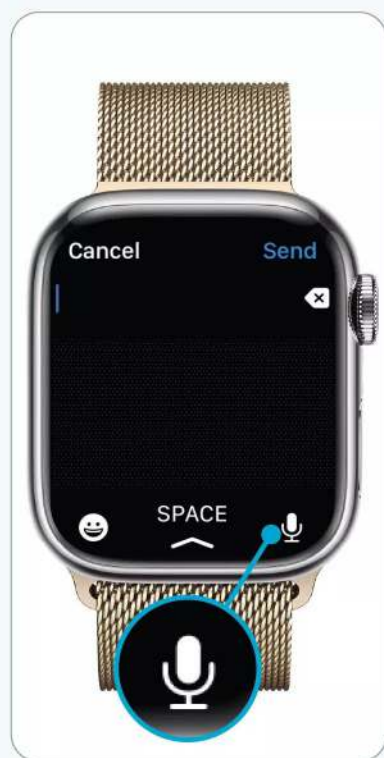


5 When you've finished typing your email, tap Done, then Send. If you've typed a message, tap the Send link in the top-right corner of the Apple Watch screen. Either way, your text is sent.

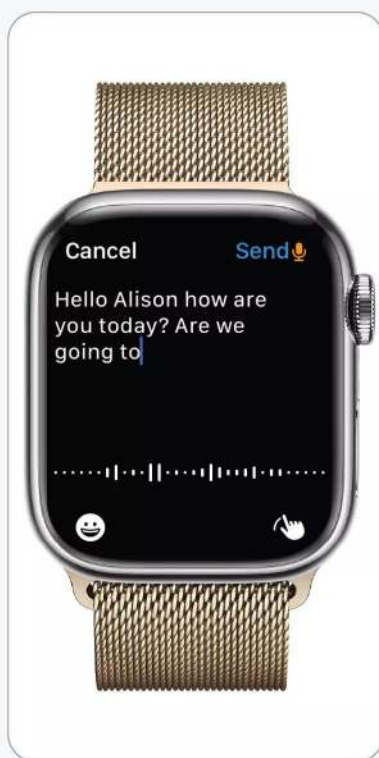


Dictation on Your Apple Watch

As well as typing your text on a virtual keyboard or writing it one letter at a time with Scribble, you can also use Dictation to speak your message. It's then converted into text, which you can edit and send. Text might be sent to Apple and processed on Siri servers if you've chosen to share, but the process is completely private. Here's how to do it.



1 You can use Dictation wherever you see the microphone icon when invited to enter a message. On the virtual keyboard, for example, the microphone is shown in the bottom-right corner of the screen. Likewise, on the Scribble screen, it's right there too.



2 Tap the microphone icon and speak your message, which is immediately converted to text. If it's all OK, tap Send to send it. If you want to edit it, tap the icon in the bottom-right to get back to the Scribble or keyboard screen, so you can edit the text.



3 Dictation is not just for sending messages. You can also use it to add a reminder to your Reminders app. In Maps, you can use it to search for your destination. It works almost anywhere that you need to enter text on your Apple Watch.



Siri on Your Apple Watch

Chances are you're already familiar with Siri on your iPhone, but did you know your Apple Watch also includes Apple's capable digital assistant? This tutorial couldn't possibly cover everything Siri can do, but if there's something you'd like to voice activate or a question you'd like to ask, give it a go. The more you use Apple's amazing assistant, the better it gets.



Activating and Using Siri

Your Apple Watch's Siri feature is amazing. You can use it to open an app, set timers, make a phone call, send a message, play some music and more. Here's how to get started with Siri and make use of it on Apple Watch.



1 There are several ways you can activate Siri on your Apple Watch. The easiest is to hold the Digital Crown button until Siri appears. A microphone icon shows your watch's mic is being used.



2 Alternatively, you can say, 'Hey Siri', and Siri opens. Either way, you can dismiss the Siri service by pressing the Digital Crown once. Ideal if you open Siri by accident and don't need it.



3 With watchOS 5 and later and Apple Watch Series 3 or later, you can activate Siri by holding it to your mouth and speaking. To turn this on, go to Settings > Siri and turn Raise to Speak on and off.



4 Finally, if you use the Siri face on your Apple Watch, you can activate Siri by using a Complication. Assuming you haven't removed this Complication, it's in the top-right corner of the watch face.



5 Siri is awesome for checking your Calendar app. With phrases like "What's scheduled for tomorrow?" or "What appointments do I have for the rest of the week?" you can get Siri to help.



6 You can open an app using Siri too. Just say "Open [app name]" and it's opened for you, right on the screen. It's great if your hands are full and you can't use the watch buttons.



7 If you want to check what time it is somewhere in the world, without setting up a World Clock on your iPhone, just open Siri and say, "What time is it in [place name]?" and your digital personal assistant does the rest. It's great for quick and easy reference.



8 Siri's also great at setting timers and alarms. Use instructions such as "Set me an alarm for 7am tomorrow", "Cancel my next alarm", "Set a countdown timer for [time]" or "Open the stopwatch". There's a wealth of functionality right there on your wrist.



9 Naturally Siri can also make phone calls and send messages. "Call [person's name]" and they're contacted for you, or "Send a message to [person's name] saying [the message]", and a text message is promptly dispatched. You can do it one-handed.



10 You can use Siri to check sports information. Just ask “What was the result of the last [team] game?” or “Who do the [team] play next?”, and you’re told. The feature works for a variety of sports.



11 You can use Siri to calculate sums. If you’re in a restaurant, for example, you can ask Siri to divide the bill between the number of people paying it. For a bit of fun, ask, “divide zero by zero”.



12 Siri can handle conversions too. Whether you want to convert feet to inches, MPH to KPH or miles to km, just ask Siri and it’s done. Siri can convert between currencies too.



13 It’s great for factual information too. Ask a question such as “How tall is Mount Everest?” or “What’s the capital of Peru?”, and the answer is gleaned from the web and given to you.



14 Siri is a terrible comedian. Ask the assistant to tell you a joke, and it will – but the joke will be terrible. It won’t sing you a song, though. Siri would rather leave that to the professionals.



15 Ask a few silly things and Siri might come up with an answer. What is the meaning of life? Why did the chicken cross the road? Which came first, the chicken or the egg? Who am I?



Settings on Your Apple Watch

The Settings app on the Apple Watch does more than you think; and it's easy to find. On the Home screen, look for the grey icon showing an industrial cog, like the Settings app on the iPhone. Open this and you can access all sorts of features such as Bluetooth pairing, Privacy, Health, Do Not Disturb, Airplane Mode and Accessibility for the visually or hearing impaired. Let's take a look.



What Settings Can Do for You

Open the Settings app and you'll see a long list of option categories. Here we'll go through them step by step, taking each in turn. With our guide, you can make all sorts of changes to the way your Apple Watch works.

Apple ID



At the top of the Settings app is an option displaying your name. Tap this for your Apple ID options. Under this option you can change your screen name, primary and secondary email addresses, your password and more. Scroll up for a list of all your Apple gear.

Notifications



In the Notifications section of Settings, you can turn off the red dot that appears above the watch face when a notification has arrived. You can also turn other features on and off, including Show Summary When Locked, Tap to Show Full Notification and more.

General



The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.



General > Software Update



Tap Automatic Updates and you can choose to have updates to your Apple Watch install automatically overnight; when your watch is charging. If you don't switch this option on, you'll have to update manually when you get a notification that there's a new update available.

General > Orientation



Do you wear your watch on your right or left wrist? Do you prefer your Digital Crown and Side Button on the right-hand or left-hand side of your watch? In this section, you can set this up, so the watch is the right way up and behaves correctly however you wear it.

General > Background App Refresh



When on, applications refresh their data even when the app is closed. Switching it off saves battery life, but you have to open an app for it to update information such as Activity rings and incoming emails. You can turn off Background Refresh on a per-app basis too.

General > Return to Clock



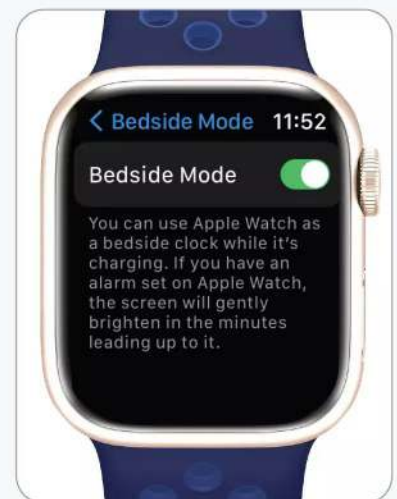
If you launch an app and leave it open, you can set your watch to return to the clock face as soon as you move your wrist, after two minutes or after an hour. You can set individual apps to behave differently to these default settings too, if you wish. Scroll up for the apps.

General > Handoff



Handoff lets you start a task on one Apple device and pick it up on another. With it on, the app you're using on your watch appears on the iPhone/iPad's App Switcher and the Mac's Dock. Open it on these devices to pick up where you left off on your watch.

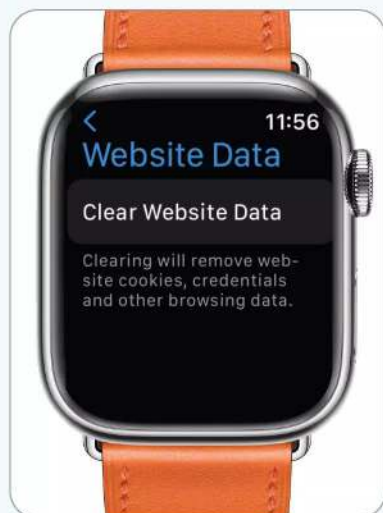
General > Bedside Mode



The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.



General > Website Data



If you want to clear website data such as cookies, credentials and more, open this section and tap the Clear Website Data button. You're invited to clear it or cancel. Clearing website data is good for privacy, but it might slow down reloading pages. It's not really necessary.

General > Dictation



If you use your Apple Watch's microphone for Dictation, that is, speaking a message or email and having your speech turned into text, what you say may be sent to Apple for conversion. If you don't want this to happen, turn it off in the General app's Dictation section.

General > Storage



The General app's Storage option shows how much space you have spare on your Apple Watch, and breaks down what you're using your storage for. Scroll up to see your apps listed. Tap one to see how much space the app takes up, and also how much its data uses.

General > Reset



Under this option you can wipe your Apple Watch clean, and start again. It will only remove Activation Lock if you've unpaired it from your iPhone; this is a security feature which prevents a thief using a stolen watch. You can also reset the Home screen here.

Focus



If you've set up Focuses on your iPhone, iPad or Mac, they appear here. If not, you're still offered the default Focuses. Tap one to configure it. Scroll for an option to Mirror my iPhone; with this on, activating a Focus on your phone also activates it on your watch.

Airplane Mode



Airplane Mode is required when flying on certain airlines. The Airplane Mode lets you switch it on and off. You can also change its behaviour. By default, it turns off Wi-Fi but not Bluetooth, but you can configure this. It always turns off your cellular data.



Wi-Fi



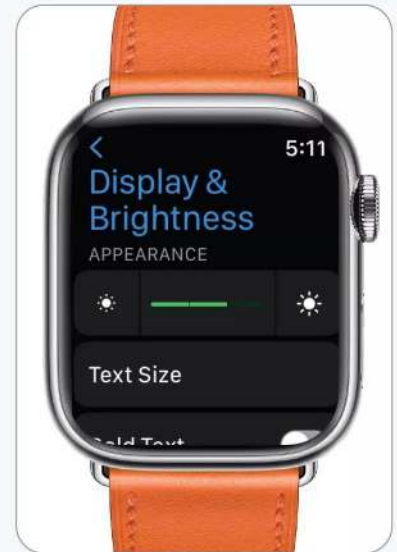
Under this option, you can turn your Apple Watch's Wi-Fi option on and off, and also configure its access to your home network or choose another one to join. You can also set it to automatically join Wi-Fi hotspots, never join them or only join after asking.

Bluetooth



You can pair Bluetooth devices here. Put it into Pairing Mode and open General > Bluetooth, and tap the device when it appears to pair. Tap the 'i' next to a previously paired device and you can delete it from your watch. Scroll for an option to turn Bluetooth off.

Display & Brightness



Tap the small or large sun to dim or brighten the screen. Tap Text Size and make on-screen text larger or smaller, and switch Bold Text on or off. You can also change the watch's Always On feature and what's shown, and configure when it wakes from its sleep mode.

App View



On the Home screen, your Apple Watch's apps can be displayed in Grid View (as round icons set in a grid, like a flower with the watch face in the centre), or a List View (a straightforward list of apps, in alphabetical order). Under App View, you can switch between them.

Dock



Another straightforward toggle, in the Settings app's Dock section you can choose what's in the Dock; which is opened when you press the Side Button. Choose to see your favourite apps, or those you've used recently. Configure your Favourites on your iPhone.

Accessibility



Accessibility is a range of features designed to help people with a visual, motor or hearing impairment use their Apple Watch. If you have trouble seeing what's going on, for example, you can use Voice Over, Reduce Transparency and more. Take a look and experiment.



Siri



Under the Siri option, you can configure the way Apple’s personal digital assistant works on your watch. Do you want Siri to appear when you say, ‘Hey, Siri’, when you press the Digital Crown or both? What apps do you want to use with Siri? Change all this and more.

Sounds & Haptics



Change the alert volume, activate Silent Mode, change the way Crown and System Haptics are delivered and more. Under Headphone Safety, you can see how many times you’ve been warned your earbuds are too loud, and have over-loud sounds reduced automatically.

Passcode



Change your Passcode here, or even turn it off, but if you do, cards registered in Apple Pay are deleted. Turn on Wrist Detection and your watch is locked when you’re not wearing it, to keep your data safe. Erase Data clears your watch after ten incorrect password attempts.

SOS



You can make an emergency call from your Apple Watch (through your iPhone on non-cellular models). Hold the Side Button for a slider that makes the call, or have it made automatically if it detects you’ve had a fall. Turn these options on or off in the SOS option.

Battery



Here you can check how much battery power you have, and how much power you had over time, via a bar graph that also shows when your watch was on its charger. If your battery is low, Power Reserve turns off most of the watch’s functions, so you can tell the time for longer.

Privacy & Security



Here you can make configurations to your Apple Watch with privacy in mind. Set how your Location Services work, that is, when and why your watch can tell where you are. You can also configure privacy services on a per-app basis; for apps that need access to other apps.



Activity



The popular Activity app can also be configured in Settings. You can turn Stand Reminders, Daily Coaching tips and Goal Completions messages on and off, get notifications about Special Challenges and also Activity Sharing Notifications when people share with you.

App Store



When you buy an app with an Apple Watch sister app on your iPhone, you can have it download automatically on to your watch if you wish. You can also have your apps update automatically, instead of doing so manually on your iPhone. Read about App Store privacy too.

Blood Oxygen



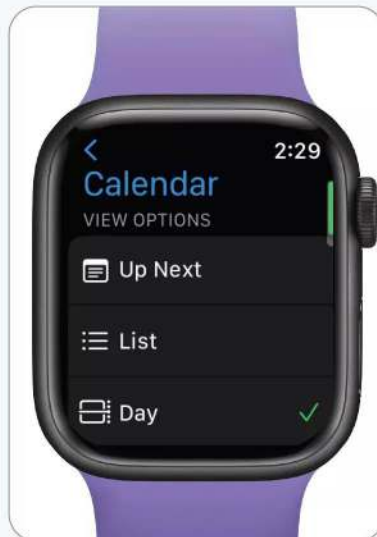
Your Apple Watch can measure your blood oxygen level, as part of your health and fitness programme. In Settings > Blood Oxygen, you can turn off Blood Oxygen Measurements, and set up whether you want them recorded when your watch is in Sleep or Cinema mode.

Calculator



When you're wearing an Apple Watch, you've always got a handy calculator within easy reach. Your Calculator app can calculate tips, and also percentages, using a button on the top row of the calculator. Switch between these functions in Settings > Calculator.

Calendar



You can also change how the Calendar app displays itself using its entry in the Settings app. Choose between Up Next, where you can scroll through upcoming events; List, where events are listed by title, and opened with a tap; and Day, where you see today's Calendar.

Clock



Your Apple Watch sets its time automatically, through the Internet. But some people like to set their watch a few minutes ahead or behind the actual time. You can do either here, as well as have a chime played on the hour, set up a monogram for faces that use them and more.



Cycle Tracking



Cycle Tracking is a recent addition that focuses on women's health. Most of the controls for this feature are found in the iPhone's Health app, but here you can allow Cycle Tracking to use your heart rate to improve predictions regarding your menstrual cycle.

Handwashing



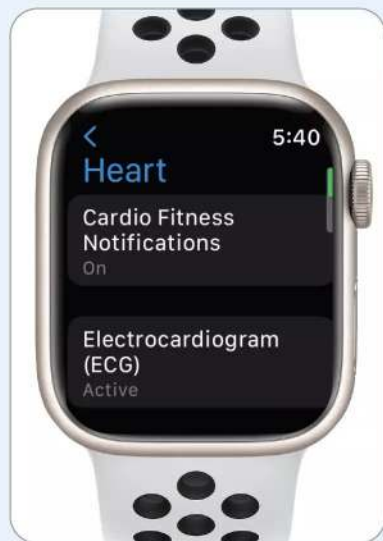
Do you wash your hands for long enough to kill the coronavirus? Apple Watch can detect when you're hand washing, and start a timer to make sure you wash for at least 20 seconds. It's off by default, but you can turn it on here, in Settings > Handwashing.

Health



Do you want your Health app to have access to information gleaned from other apps and also connected health devices? You can configure this here, and also review your Health Data and Medical ID, and see which devices have added data to your Health app.

Heart



Your Apple Watch can measure your heart rate, and give you warnings if, while you're inactive, it exceeds a certain rate (120 bpm by default), or drops dangerously low (40 bpm by default). Here you can turn these warnings off, or change their thresholds.

Mindfulness



The Apple Watch's Mindfulness app encourages you to 'focus, centre, and connect as you breathe'. In its Settings section, you can set reminders, add a weekly summary, add new meditations to your watch and more. It's mostly off by default.

Music



There are several ways to configure the way the Music app works. Add Playlist Songs adds tunes you've included in playlists to your Apple Watch. Recent Music does the same for things you've played recently. You can also choose whether to share your Listening History.



Noise



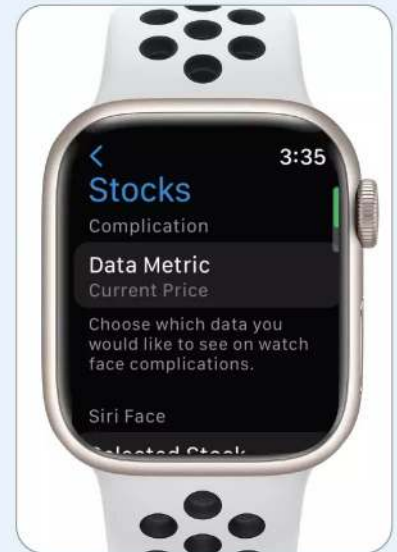
If you regularly find yourself in a noisy environment and worry about your hearing, the Noise settings can be set up to measure environmental noise, and give you a warning if it reaches a certain threshold (you choose), so you know when to plug in your earplugs.

Sleep



When you've set up your Sleep app, you can create bedtime schedules, set sleep goals and more. If you wear your Apple Watch in bed, you can have it track your sleep to find out how much quality sleep time you get and more. Its settings are available then.

Stocks



If you have a Stocks complication on the watch face, what do you want displayed on it? In the Stocks settings, you can choose between Current Price, Points Change, Percentage Change and Market Cap. You can also choose what stock you want displayed.

Wallet & Apple Pay



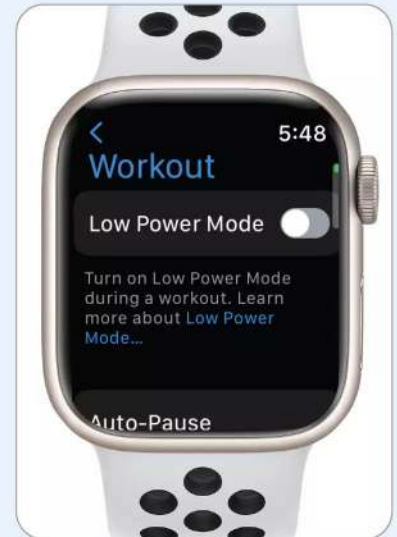
If you've set up Apple Pay in your Wallet app, by adding credit and/or debit cards, configure the app here. Set up one of the cards in Express Mode and you can pay with that card without double-clicking the side button. You can set expired tickets and passes to be hidden too.

Weather



The Weather setting is another one used for Complications on the watch face. Which location do you want to display the weather in the Complication? By default it's your current whereabouts, but you can set it to a town or city you've added in your Weather app.

Workout



You can configure a lot of settings in the Workout section. Turn on Power Saving Mode during workouts, auto-pause workouts when you have a short rest, Start and End Workout reminders and more. It can even detect when you're using gym equipment.

Your Pre-Installed Apple Watch Apps



The Apple Watch comes bundled with a great range of software applications, or apps for short. Most of them are Watch modules for their iPhone counterparts, such as Messages, Mail, Photos, News, Weather, Stocks, Maps and more. There are also some excellent apps for the Watch alone, such as Walkie-Talkie, the Sleep app, Remote, Sleep tracking and a host of features for sports and fitness, and also health and wellbeing. In this section, we take a look at Apple Watch's key apps and what they can do for you.





Messages on Your Watch

The Messages app is probably one of the most used features on your iPhone. You can send and receive messages through your iPhone with your Apple Watch by using Dictation, sending it as an audio message or using one of the standard replies on offer. You can even throw in an emoji. Here's how to read and reply to Messages on your watch.



Using the Messages App

The Apple Watch Messages app isn't as comprehensive as the iPhone version but you can still get a fair bit done with it. Here's a guide to sending and receiving messages and more; all from on your Apple Watch.



1 Open the Messages app. To send a new message to someone you've not messaged before, scroll down and tap the New Message button. Tap Add Contact and use Dictation (the mic), or your contacts (middle button), to find the person you wish to message. Or tap the keypad button (third button) and enter their telephone number.



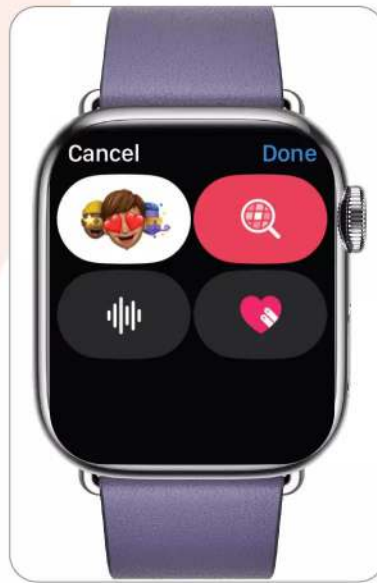
2 When you have a person or persons selected, tap Create Message, then tap the Create Message field. To reply to an existing message, open the Messages app and scroll to the conversation you want to reply to. Tap the field titled 'Text Message' or 'iMessage', then enter your message. Either way, you then enter your message.



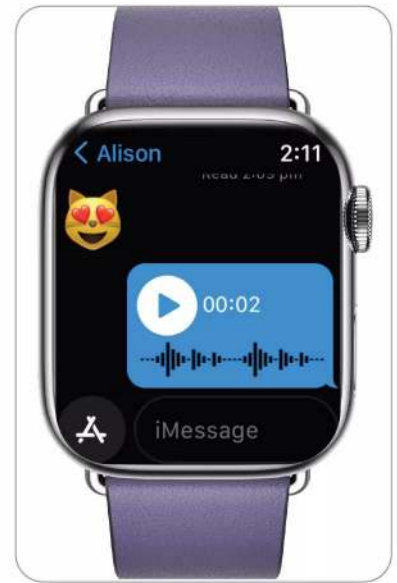
3 You can enter your text in a number of ways. If you have a Series 7 iPhone, there's the virtual keyboard. There's also the Scribble feature, or tap the mic to use text to speech (see our tutorials on how to use these features). Swipe up from the bottom of the screen to change between the keyboard and Scribble feature.



4 Whether you're sending a new message or replying to a message that's already in your conversations list, instead of tapping the text field, you can scroll up for 'Suggestions'; a list of ready-made comments. Tap one to send it.



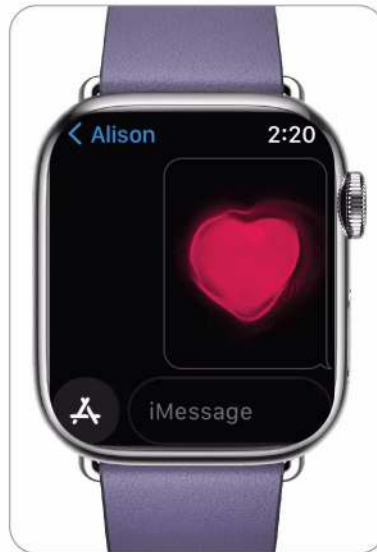
5 You can send emoji, stickers and GIFs as messages. To do so, tap the 'A' icon next to the text field and then tap the faces to navigate to an emoji or a sticker, or the magnifying glass to search for a GIF. Tap Send after choosing a GIF. Stickers and emoji are sent as soon as you choose and tap one.



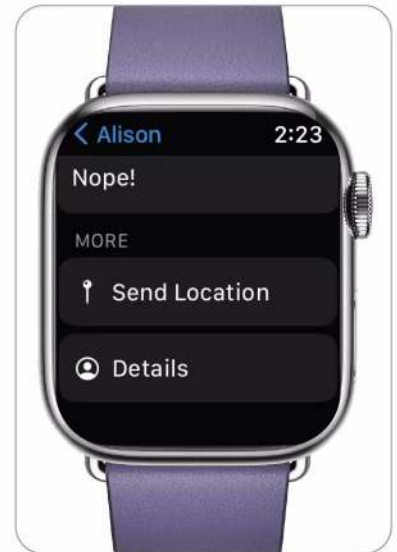
6 To send an audio clip (as opposed to speaking a message that gets converted to text), tap the 'A' icon next to the text field and then tap the waveform icon, bottom left. Tap Send when you've finished. The audio clip arrives as a picture of a waveform with a Play icon. Tap this icon and the clip is played.



7 The last option found when you tap the 'A' icon next to the text field is the button with the heart that has two fingers on it. Tap it, and draw a sketch on the Apple Watch screen, changing the colours using the dot in the top right. When you've finished, tap Done and the sketch is sent as a message.



8 You can also send 'feelings' using this screen. Tap the screen to send a tap or a tap pattern. Tap once or several times with two fingers to send a kiss; tap and hold with two fingers for a heartbeat; tap and hold with two fingers and then drag down for heartbreak; and hold with one finger to send a fireball.



9 To share your location with someone using Messages on the Apple Watch, instead of tapping the text field to write a message, scroll all the way to the bottom of the list and tap the Send Location button. To contact the person in the conversation in another way, tap Details and choose to ring, email or more.

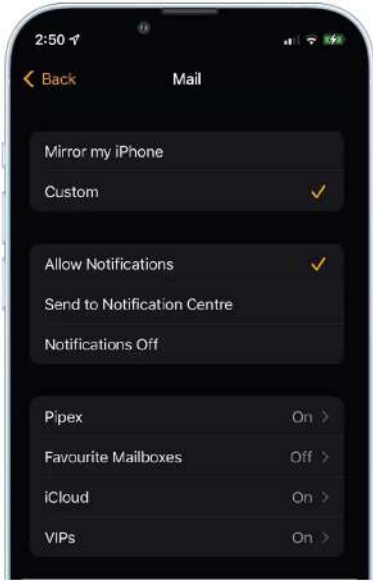
Mail From Your Wrist

It's amazing what you can do with Mail on the Apple Watch. You can read and reply to incoming emails, set it up so you only get emails from certain mailboxes on your watch, delete unwanted messages and flag any for later review. Then if you need more comprehensive tools, it's easy to switch to the iPhone's Mail app and read the same email.

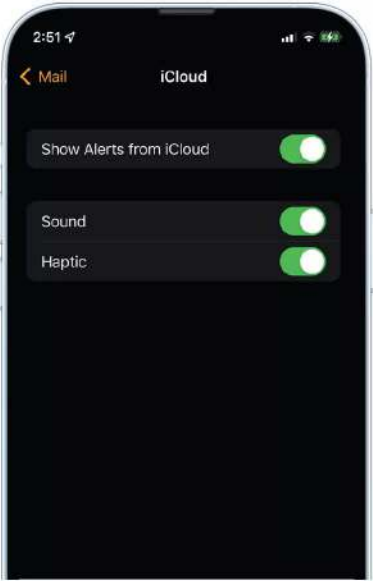


Configuring the Apple Watch Mail App

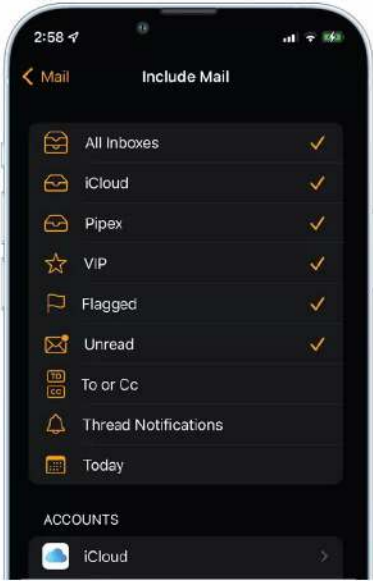
It's wise to spend time with your iPhone's Watch app to set up the Apple Watch's email service to work how you want it to. So open your iPhone's Watch app, tap My Watch then Mail and follow these tips.



1 Do you want to mirror the settings you've set up for your iPhone's Mail app or configure the watch app separately? If the latter, tap Custom and adjust the settings to suit your needs. They're fairly self explanatory and you can change them again later if you wish.



2 You can set your alerts on a mailbox by mailbox basis and also for correspondents you've identified as VIPs. This is great if you have more than one mailbox set up on your iPhone and for example, you want alerts from your personal account but not work emails.



3 Under Mail Settings you can set which email inboxes are sent to your watch, how much of the message is previewed on the watch screen and more. To edit your default replies and signature, tap on one and type over it. Default replies are available when replying to emails.



Using the Apple Watch's Mail App

Now you've set it up, it's time to take a look at how to use the Mail application on your Apple Watch. You can even reply to incoming emails, right from your wrist. Here's how to get the most from the Apple Watch Mail app.



1 When you get an alert saying you've got an email, tap it to read. Alternatively open the Mail app and scroll through the list of emails with the Digital Crown; tap the one you want to open. A blue dot next to the title means you haven't opened it yet.



2 To read an email when you've opened it, scroll up and down with the Digital Crown, or by swiping up and down on the screen. To get back to the previous screen and choose another email to read, tap the top-left corner of the Apple Watch screen.



3 Scroll to the bottom of an open email to find these options. You can reply to the email, reply to the sender and all other recipients, mark it as unread so the blue dot is returned, flag it for later review or bin it by tapping Delete Message.



4 When replying to an email, you can select a default reply instead of typing one. After tapping Add Message, instead of tapping on the text field, scroll down and tap one. You can add new default replies in the iPhone's Watch app, under Mail.



5 To send a new email directly from your watch, at the top of the main screen showing your emails, tap the New Message button. Then you can add a recipient or recipients, enter a subject and the message, then send it in the usual way.



6 While typing an email message, if you want to add an emoji, tap the smiley icon in the bottom-left corner of the keyboard or Scribble screen. You can then choose an emoji from those on offer. Scroll up and down the big list using the Digital Crown.

Enjoying Your Music

You can use Music on Apple Watch to control the Music app on your iPhone, picking a track or album to play, skipping and pausing your sounds, changing the volume and more. Just the thing if you have your iPhone in a speaker dock. You can also sync tracks to your Apple Watch, so you can listen to your music without having your iPhone nearby.



Using the Music App

Music is one of the best apps on the Apple Watch. Why get up and change tracks on your iPhone when you can do it directly from your watch, right there on your wrist? Here's how to take advantage of the Music app's features.



1 Open the Music app on your Apple Watch, and scroll to the top of the screen. If you want to listen to music that's on your iPhone, tap the On iPhone button and navigate to what you want. The music will play on your phone, or on a Bluetooth audio device connected to your phone, such as a speaker set or a pair of earbuds.



2 The Listen Now option lets you play music directly from your Apple Watch. This is music that's been synced or transferred to your watch. You can listen to this music through Bluetooth devices paired with the watch itself. You don't need your iPhone with you at all to listen to music from the watch; just the thing for the gym.



3 Scroll up with the Digital Crown or by swiping up with your finger, and you'll see cover art for albums and playlists that are contained on your Apple Watch. Tap one to listen to it. By default, music you've recently listened to on your iPhone is automatically synced with your watch, so there might be more here than you think.



4 If you subscribe to the Apple Music streaming service, you also have the option of listening to online radio stations. Just tap the Radio button, and scroll through the options; which include Apple Music radio, recently played music and genre stations.



5 While playing music, whether on your iPhone or your Apple Watch, you get a set of controls on your watch screen. Use the Digital Crown to increase or decrease the volume. The large button in the centre pauses and plays the current track.



6 Also in the Music controls, the buttons either side of Play/Pause are for skipping tracks. The bottom-left icon lets you change the output source for your audio, and the three lines icon takes you here, where you can see what's playing next, shuffle, repeat or just play.



7 Where you see a three-dots icon, tap it and you can choose between several options. These are; Remove the song; Add to Playlist; Share Song; Love the song (mark as a favourite); Suggest Less; View Artist, which shows you their songs and more; and View Album.

Listen with Siri



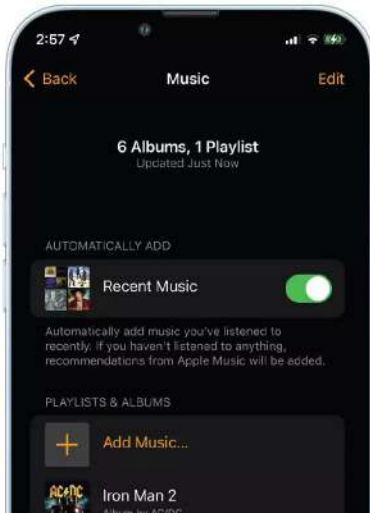
1 If you subscribe to the Apple Music subscription service, you can listen to songs using the Siri personal digital assistant, and you have over 75 million tracks to choose from. First of all, activate Siri by pressing and holding the Digital Crown or saying 'Hey, Siri'.

2 You can then ask for a track, album or band by name. If the music you requested is on the Apple Music streaming service, you get to listen to it on your watch. Obviously, your watch must be connected to the Internet for you to stream from Apple Music.

Adding and Removing Music on Apple Watch

As well as listening to iPhone music through your Apple Watch, you can also transfer songs directly to the watch and listen to it without an iPhone connection. Here's how to add and remove songs on your watch.

Adding Music to Your Watch

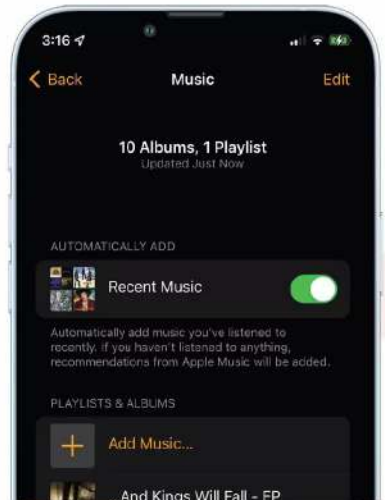
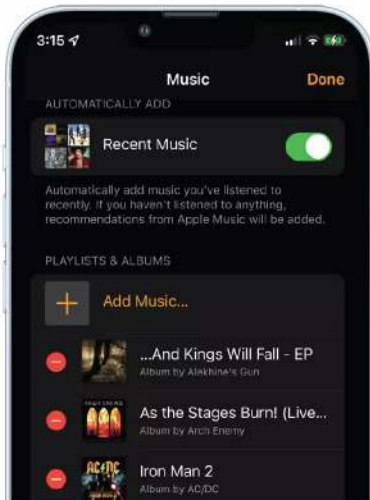
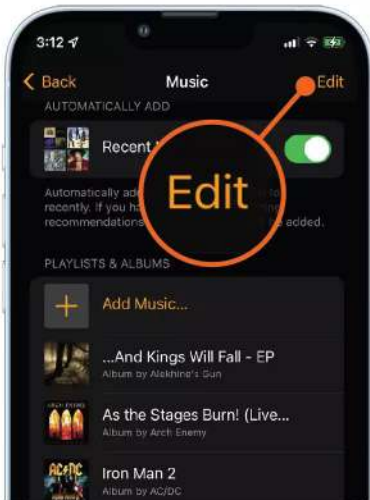


1 Make sure your Apple Watch is on its charger, and your iPhone is within range of, and connected to, the watch. Make sure your iPhone has Bluetooth on; go to Settings > Bluetooth to check.

2 On your iPhone, open the Watch app, and select My Watch in the bottom-left corner of the screen. Look for the Music app in the apps list, and tap it to open the Music options.

3 Tap the plus sign, next to 'Add Music'. Navigate to the music you wish to add to your watch, and tap the album cover. With the album open, tap plus in a circle at the top.

Removing Music from Your Watch



1 To remove music that you've installed on your Apple Watch, again open the Apple Watch app on your iPhone, and go to My Watch > Music. Look for the Edit link (top-right corner).

2 If the Edit link isn't there, you don't have any music on your Apple Watch. After tapping Edit, a minus sign appears next to your albums. Tap one to remove it from your watch.

3 At the top of the Music screen is an on-off switch labelled 'Recent Music'. If you switch this on, songs you've recently played on your iPhone are automatically added to your watch.



The Apple Watch Compass App

The Apple Watch has a useful Compass app, but only if you have an Apple Watch Series 5 and later, or Apple Watch SE. It works with or without a Wi-Fi or cellular connection, but if your watch band has magnets in it, like the Milanese Loop or Leather Link, it might interfere with the operation of the compass. It's still worth a try, though.



1 By default, the compass points to magnetic North. If you prefer to use true North, open Settings on your Apple Watch, go to Compass and turn on the option, Use True North.



2 Then open the Compass app. It works like a mechanical compass; keep your wrist flat, and the needle points to true or magnetic North; allowing you to see which way you're facing.



3 On the Compass screen, the top-left icon gives information such as latitude and longitude. The bottom-left icon lets you mark your current location, and the bottom-right icon is used for backtracking.

Podcasts and Audiobooks

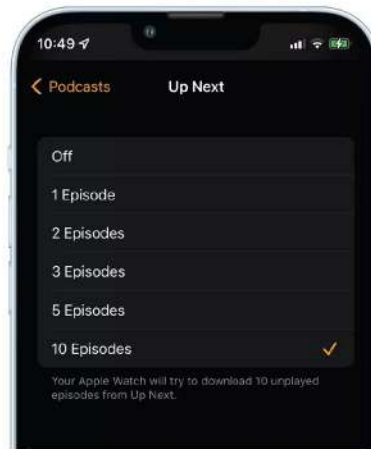
Audio entertainment on your Apple Watch isn't just about the Music app. You can also enjoy your Audiobooks and Podcasts right from your wrist, using earbuds or headphones you've connected to your watch using Bluetooth; without having your iPhone nearby. Ideal if you want to catch up without depleting your iPhone's battery.

Listening to Podcasts

Podcasts are audio shows you can download and listen to on your Apple gear. Subscribe to your favourite podcasts and enjoy them on the move using your Apple Watch and earbuds.



1 If you don't already subscribe to any podcasts, open the Podcasts app on your iPhone, go to the Browse section and take a look for subjects that interest you. When you find one you like, subscribe to it by tapping the Follow icon found at the top.



2 When you subscribe to a podcast, it syncs to your Apple Watch while the watch is charging. Open the iPhone's Watch app, and go to My Watch > Podcasts. Tap Up Next, and you can choose how many – or none at all – new podcasts you store on your Apple watch.



3 In the Podcasts app on your Apple Watch, scroll through the podcasts you have on your watch using the Digital Crown, or by swiping the screen up and down. Shows with a cloud icon aren't downloaded. Tap the cloud to download them to your watch.

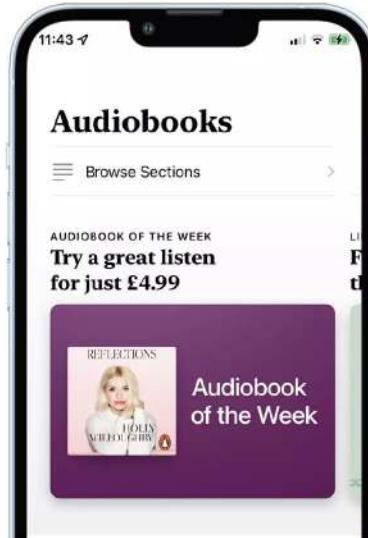


4 Tap an episode to listen to it through your Apple Watch. If it isn't downloaded, and your iPhone is nearby, the show is streamed from your iPhone. If the podcast is stored on your watch, when you've listened to it, it will be deleted in order to make room for the next one.



Listening to Audiobooks

You can buy audiobooks on your iPhone, iPad or Mac, and enjoy them on your Apple Watch. Ideal if you don't want to take your iPhone to the gym. Here's how to get the most from audiobooks on your Apple smartwatch.



1 You can buy audiobooks on your iPhone by opening the Books app, and tapping the Audiobooks icon at the foot of the screen. Navigate to a book you would like to listen to, and buy it, or simply get it if it's a free book; there are quite a few free ones.

2 By default, two audiobooks from your Reading Now or Want to Read collections sync with your watch while it's on its Apple Watch charger. You can open the iPhone's Watch app and in My Watch > Audiobooks, download books manually too.



3 On the Apple Watch's Audiobooks app, scroll up and down through your collection with the Digital Crown or by swiping up and down the screen. Scroll all the way to the top to switch between looking at audiobooks on your iPhone or on your watch.

4 Tap a book to listen to it through an audio device connected to your Apple Watch through Bluetooth. This can be a book streamed from your iPhone or stored on your Apple Watch. The usual controls are there; play, pause, skip 15 seconds and more.

5 If you dislike an audiobook that's on your Apple Watch and you want to delete it without finishing the book, in the iPhone's Apple Watch app, go to My Watch > Audiobooks. The books on your watch are listed; swipe left, and tap the Delete link to remove it.

Find Your Way with Maps

Why wander the streets staring at your phone like a tourist when you can get directions beamed right to your wrist? Maps on Apple Watch is a great companion for the iPhone's Maps app, and it's also very competent when used on its own. It's packed with some interesting features too, such as location recording, finding local services and access to contact numbers.



Searching Maps

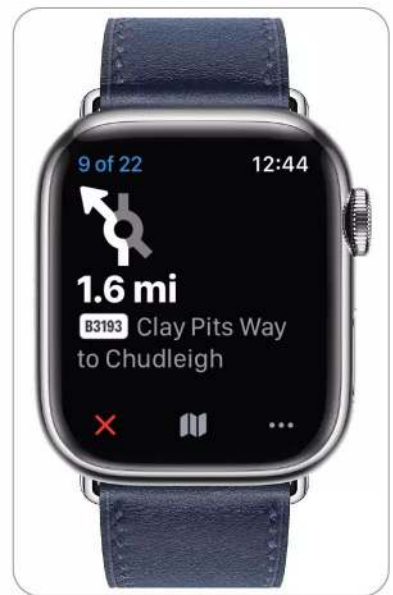
You can use the Maps app on your Apple Watch to find nearby – and far away – locations. If you need directions when you're driving, or simply need to find a certain street in your home town, Maps is for you.



1 Open the Maps app on your Apple Watch. On the opening screen, there are two key options; Search and Location. Tap the three-lines icon on the Search button for a list of 'standard' searches; for things nearby. Tap an option to make that search.



2 Tap the Search button, or scroll to the top of the standard searches from Step 1. Then tap the Search field and you can enter a city, location or other map feature, and then tap Search to find it. The Maps app works out how long it will take to get there.



3 Choose a method of travel then tap one of the directions buttons to give you directions to your destination by car, public transport, cycling or walking. Cycling isn't offered everywhere at the moment, and walking is omitted if the journey is too far.



Using Directions

When you've found the location you wish to go to, you can get directions on your Apple Watch. Follow its instructions step-by-step, and listen for commands to take the next turn. It's really easy!



1 Having searched for, and found, your destination, tap the mode of transport button relating to the way you're making your journey. Here, we're going to get there by driving.



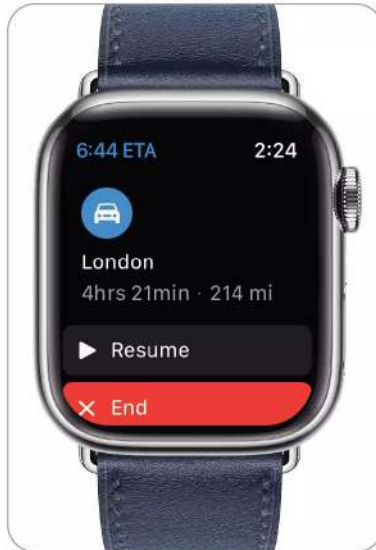
2 You're shown a list of routes. First is the route the Maps app suggests you take, followed by alternative routes. The ETA at the top is the Estimated Time of Arrival for your route.



3 A currency sign on the three-dots icon next to a route means there are tolls or charges to pay. Tap the three-dots icon for more information, such as charges, distance and more.



4 When you're ready, tap the route you wish to use. You're shown step by step instructions, which are also read out to you. Your ETA is updated in real time, so you know when you'll arrive.



5 To stop the directions, tap the red X icon in the bottom-left corner, then tap the End button. Tap the three-dots icon to pause the directions. From this screen, you can then Resume or End the journey.



6 The folding map icon in the bottom-centre of the screen gives you the map for the current part of your journey, not just the direction. Tap the three-lines icon to go back to using directions.

Local Amenities

As well as taking you on a journey across the country to places near and far, it can also find local amenities such as cafés, petrol stations, cinemas and more. Here's how to find and reach them using Maps.



1 Open the Maps app, and on the first screen, tap the three-lines icon on the right of the Search button. Instead of searching, you'll see a list of amenities to be found nearby.



2 Tap the amenity you wish to find. For example, if you're looking for somewhere to eat, tap the Restaurants button. You're shown a list of all examples of that amenity in the locale.



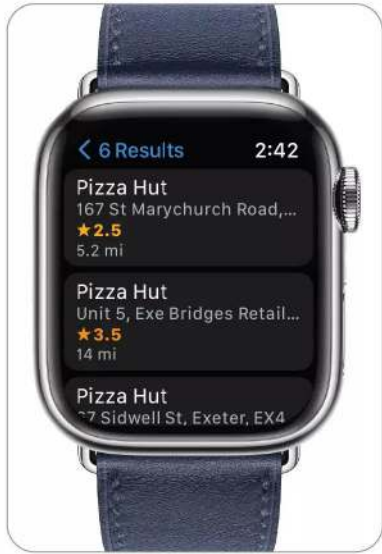
3 Tap on one of the amenities in the list. You're shown information about that particular venue, and below, buttons for directions by various modes of transport.



4 Scrolling up with the Digital Crown or swiping the screen up, you also see further information about the venue, such as its address and phone number, and also a map.



5 Tap a directions button for step-by-step directions to the venue. Tap the map for a full-screen version of the map which you can pan and zoom to find your way to the venue.



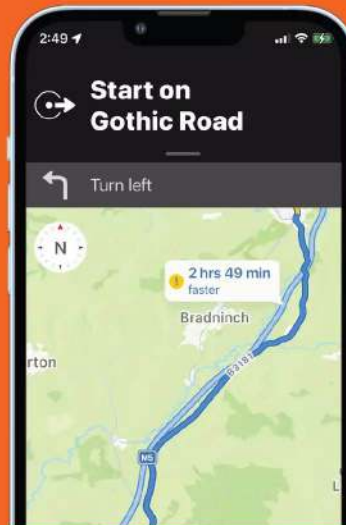
6 If you want an amenity that isn't listed under the three-lines icon in the search button, tap Search and search for it instead. This is useful if you want to be more specific.



On Your iPhone



1 You can configure your watch's Maps app on your iPhone, in the Watch app. Go to My Watch > Maps, and you can set up whether or when you want spoken directions.



2 Something else you can do on your iPhone is use the Maps app to plan your journey, then start the directions rolling. Each step of the way is also displayed on your watch.

Current Location



1 The Location button on the first screen of Maps, and the location icon anywhere in the app, takes you to a map showing your current whereabouts. The blue dot is where you are.

Pan and Zoom



1 When you see a map on your Apple Watch, you can tap it to open it in full-screen. Then you can pan around on your map by dragging it around with one finger on the screen.



2 You can also zoom into and out of the screen using the Digital Crown. Tapping the blue arrow icon moves the map to your current whereabouts with a single tap of the screen.



3 The three-dots icon lets you search for amenities in the location you're currently viewing, not your current whereabouts. You can also change between public transport and standard maps here.

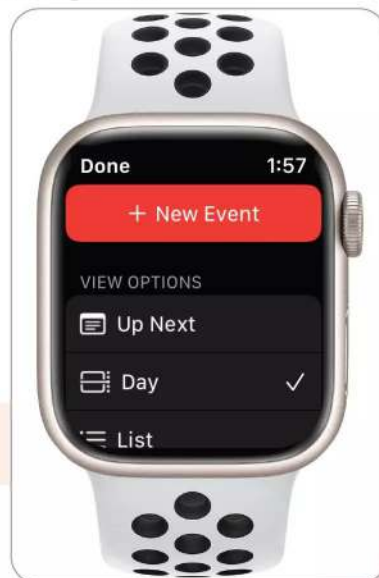
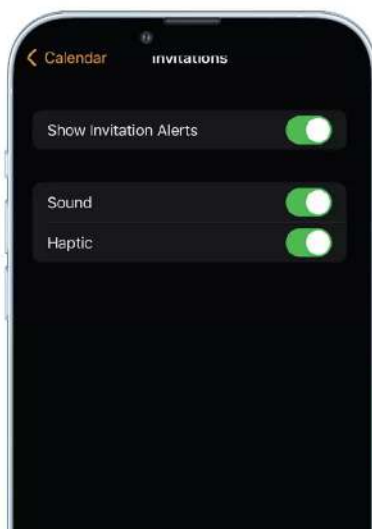
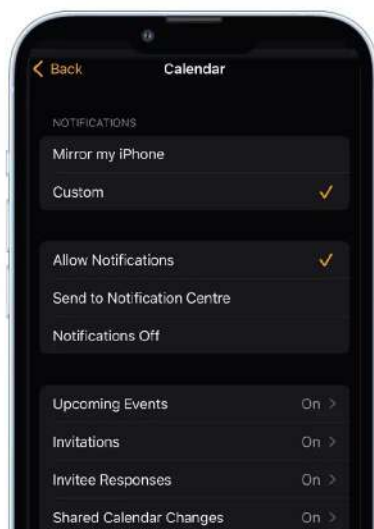
Watching Your Calendar

It pays to keep tabs on your appointments and events, and with the Calendar app, you can sync your reminders to your Apple Watch and get an alert on your wrist. You can even tap a Calendar appointment on your Apple Watch and get directions to the venue through the Maps app. Here's how to use the Calendar app to help organise your life right from your wrist.



Get More From the Calendar App

Although the Calendar app on your Apple Watch is somewhat limited in scope, when synced with your iPhone, it's still handy for giving instant access to appointment schedules and alerts for upcoming events.



1 Open your iPhone's Watch app and go to My Watch > Calendar. Here you can choose to mirror the notification settings and calendars used by your iPhone or set them up as a custom setting. Tap Custom under Notifications and you can set what notifications are sent to your watch. Tap Custom under Calendars and you can choose which calendars are shown on the watch.

2 Except where you've chosen differently, calendars and events on your iPhone's Calendar app are also shown on your watch. Subject to your settings, notifications from the Calendar app on your iPhone are also sent to your Apple Watch. You can customise whether they're sent with an audible tone and/or a haptic vibration in the Notifications customisation section.

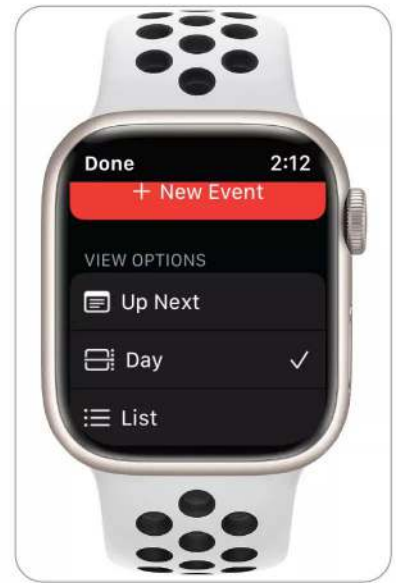
3 A new feature introduced with watchOS 9 lets you to create an event from your Apple Watch's Calendar app, which is then synced to your iPhone. In the Calendar app, open the Today view for the day on which you want it to take place. Tap the three-dots icon (bottom-right), tap New Event and then set it up. Tap Add at the bottom to add it.



4 When you open the Calendar app on your Apple Watch, the first thing you see is likely to be the current month laid out according to the days of the week. The current day is shown as a red square. Tap the screen to see your schedules and appointments for the next few days.



5 Tap a day on the Month screen and you get this, a row of days and dates with upcoming events in each days' columns. Tap one to get to the Today view, which shows all-day events at the top of the screen, and timed events in their respective time slots.



6 On a day's listing, tap the three-dots icon you can choose to display your forthcoming events as the entire Day (the default option), a List of events or as Up Next, which shows your next event. The choice is yours and you can always change it back again if you wish.



7 Tap an event in the Today or List view and you're shown its details. This includes the calendar it's listed under, the time and if applicable the location, whether it repeats and more. You can't edit these events on your watch, you have to use your iPhone's Calendar app.



8 If a calendar entry has a location listed, in the event, tap that location. You're shown a list of transport options, among other things. Tap one of them and your watch switches to the Maps app, offering you a choice of routes. You can then follow directions, directly.



9 If you have an alert set up for an event in your iPhone's Calendar app, you also get that alert on your Apple Watch. If there's a location set up in the event, it tells you when you need to leave, where to go and more. You need never miss an appointment again.

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